

as

FATE

WOULD HAVE IT

print '94

FROM



Ames High Alumni Association
1921 Ames High Drive
Ames, Iowa 50010-5100

TO

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nothing to left chance

Student Life • 66

destiny brought us here
People • 110

Sports • 156

is it just coincidence

a taste of good

Ads & Index • 200

fortune

as FATE would have it



Trying to stay warm for the Homecoming game, juniors Jenny Johnson, Jenny Olson and Brittany Parks try to spell out "AHS." Despite the cold weather, they still had plenty of energy for the game. (Photo by Pam Hove)

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Volume 82



Participating in the Homecoming Olympics, members of the freshman class try to spell with their bodies. The senior class won the overall competition which was something new to Homecoming week. (Photo by Mindy Cooper)

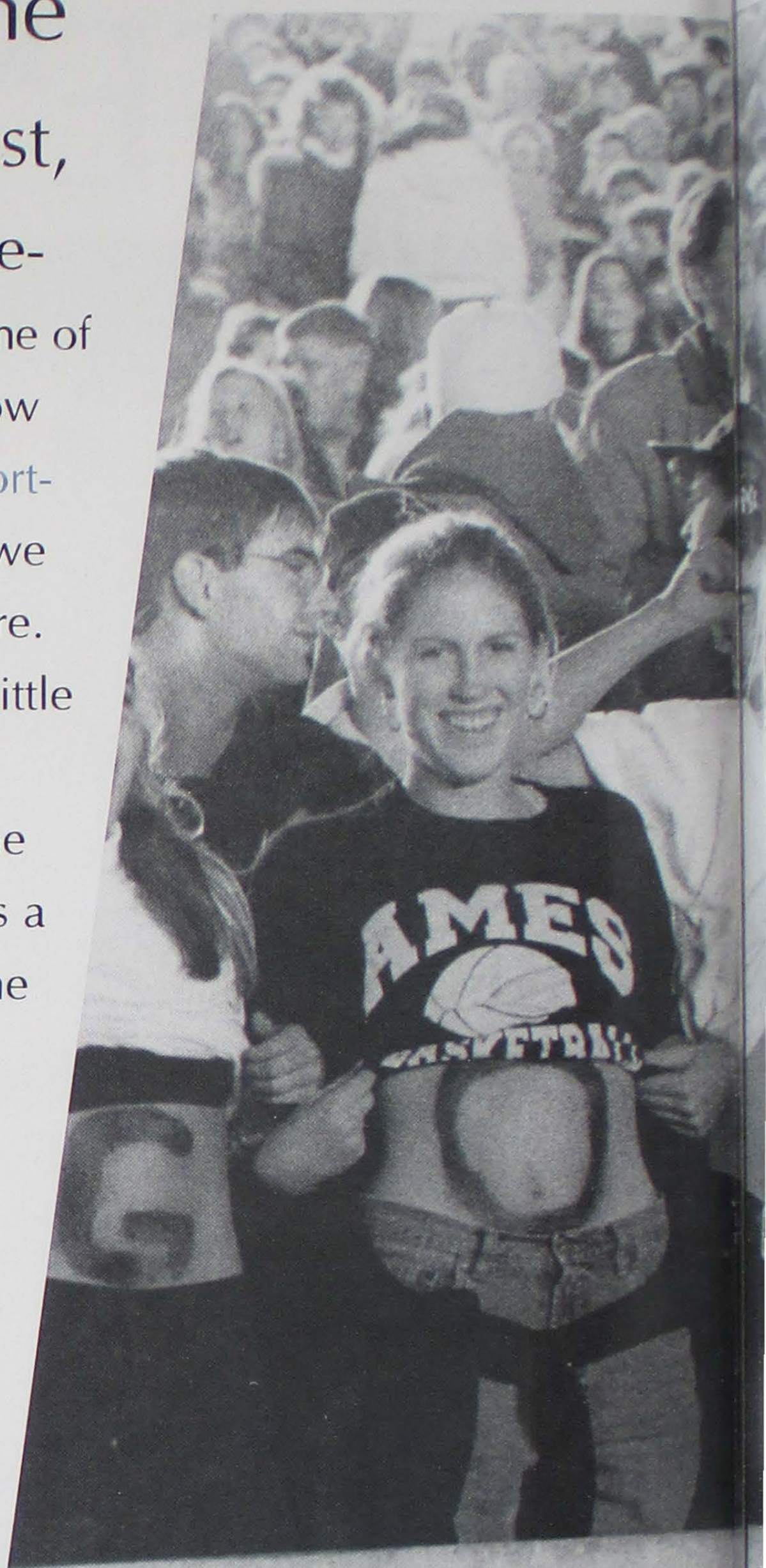
Doing a cartwheel, junior Barrett Randall shows his enthusiasm. Cheering took on a new dimension since home football games were played at Cyclone Stadium. (Photo by Pam Hove)



Due to overcrowding in the cafeteria, school officials gave juniors open campus during lunch for the first time in years. (Photo by Alicia Ackerman)

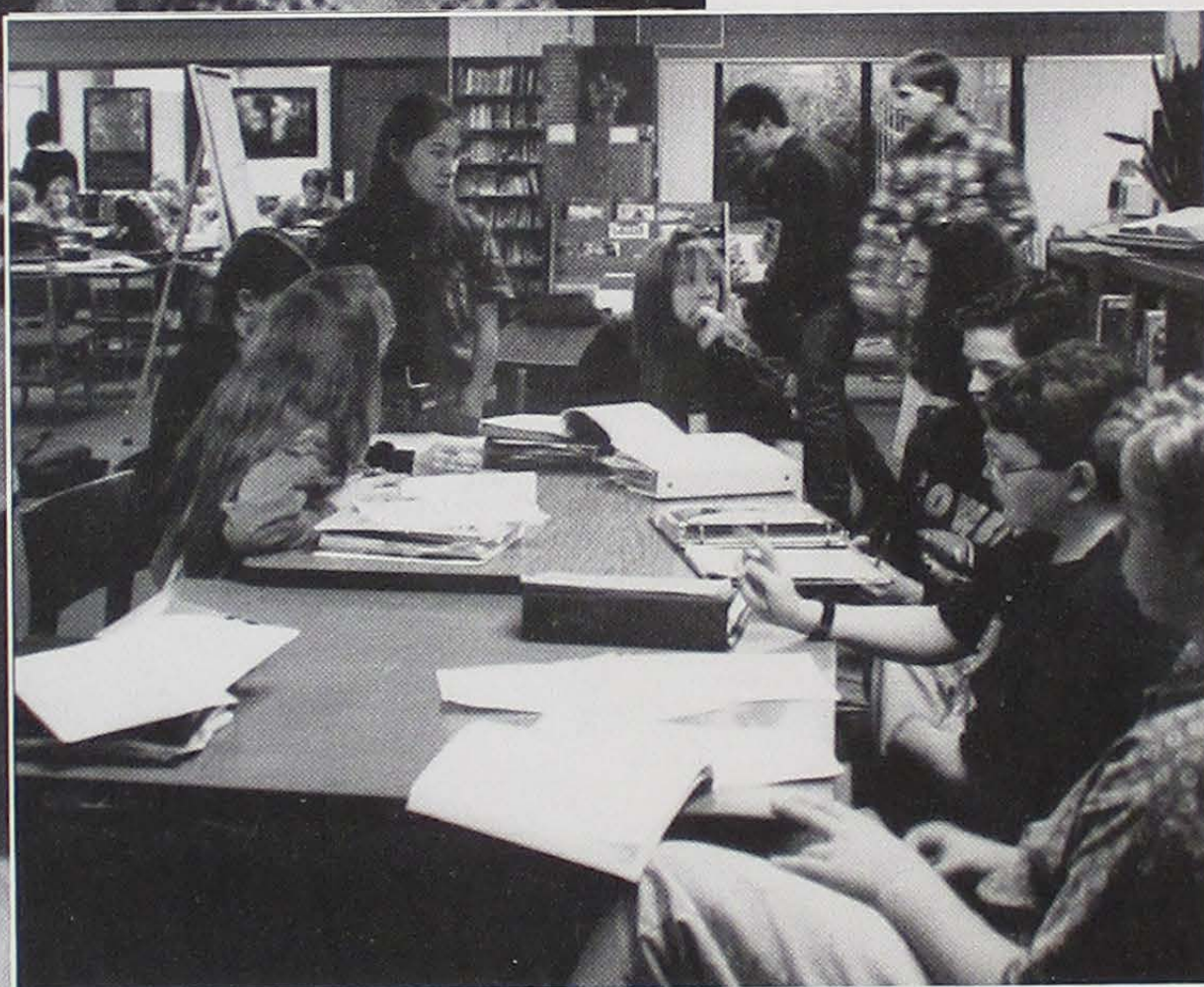
Entering Ames High the first day of school in August, some of us were apprehensive because we didn't know what to expect, some of us were apprehensive because we did know what to expect, but most of us were comfortable because we were coming back, like we did year after year, to a familiar atmosphere.

- It didn't take long for us to realize that little was the same.
- We were greeted by Charles Achter, our new principal, with the phrase that soon became a trademark, "It's a great day at Ames High School."
- For the first time ever, three hall monitors were hired for the sole purpose of harassing us...or at least that's what some of us thought.
- We couldn't set foot outside a classroom without one of them asking for a pass. As the fall weeks turned into winter, however, we learned to get along with (dodge) the hall monitors, and they learned to get along with us.
- Juniors and seniors were allowed to apply for honor passes that would allow us to roam freely about the halls.
- Our bliss faded when we realized





Supporting their team with "Go Ames" across their stomachs, junior Carmen Kulajta, senior Jessica Allen, senior Beth Holger, juniors Tania Heymann, Maria Lutz and Karen Moon show their team spirit at a home football game. (Photo by Mindy Cooper)



Talking to a group of middle school students, junior Buffy Quintero answers questions about the high school. Juniors went to the middle school to help eighth graders with their high school schedules. (Photo by Mindy Cooper)

that the honor passes were fluorescent green pieces of poster board approximately the size of Rhode Island.

- The year did bring positive changes, however.
- Due to overcrowding in the cafeteria, juniors were given open lunch privileges for the first time.
-

Another result of crowding was the passage of a \$10.7 million bond referendum in November. Money was earmarked for a new media center and classrooms as well as remodeling and maintenance work.

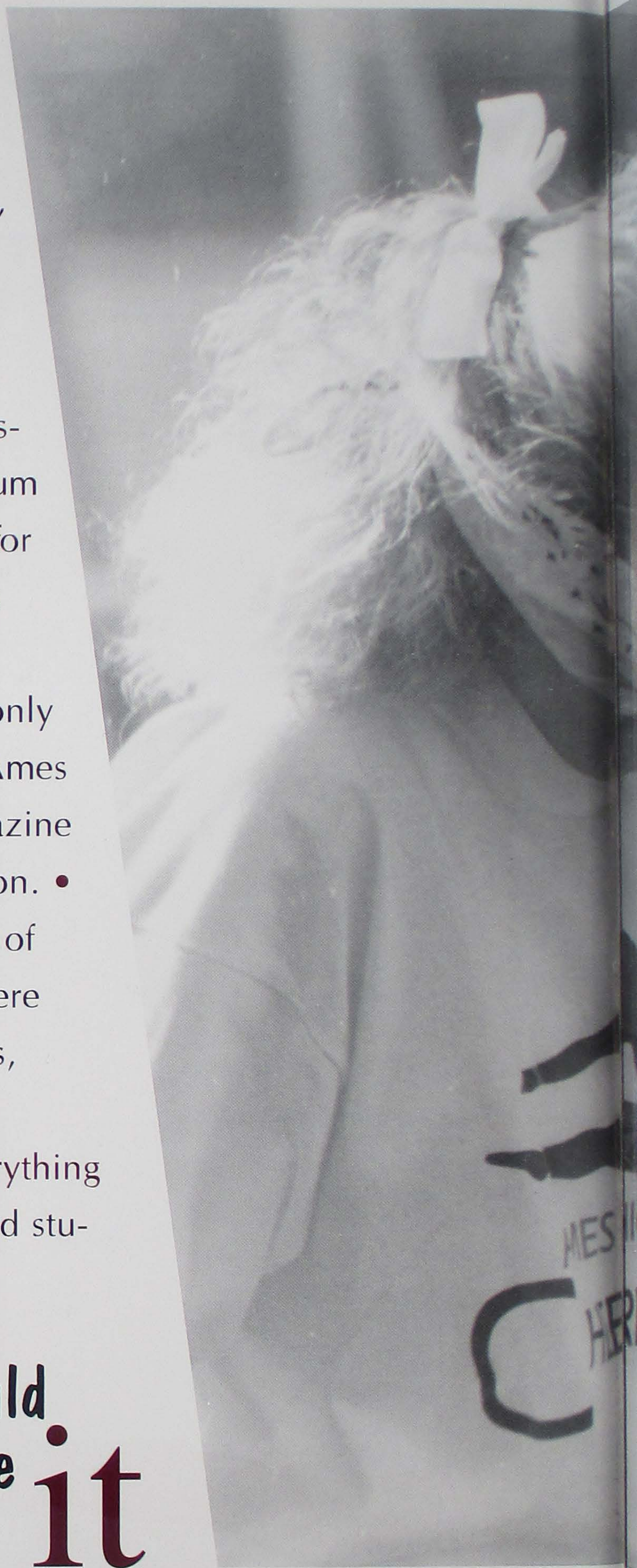
- Ames residents weren't the only group to recognize the excellence of Ames schools. *Expansion Management* magazine ranked Ames schools ninth in the nation.
-

And helping to prove we were worthy of such an accolade, 17 AHS students were named National Merit Scholar Finalists, more than any other Iowa school.

-

Throughout the year, we watched everything from academics, to sports to drama and student life all come together,

as **FATE** would have **it**





The first pep assembly traditionally brought out lots of school spirit. Another tradition was freshman cheerleader initiation. Freshman Heather Herold and senior Chad Fowles participate in a licorice eating contest. (Photo by Mindy Cooper)



Kicking up their heels, sophomores Barry Sines, Scott Buxton, and juniors Seth Taylor and Elizabeth Andre leap for the camera. The four belonged to the Church of Jesus Christ of the Latter Day Saints and were participating in a youth group conference. (Photo by Cori Kindred)

As fate would have it...

...Ames boasted 17 National Merit Scholars; more than any other school in the state.

...Students were able to participate in the global school-house, a fiber optics program that allowed live face-to-face communication with schools all over the world.

...Twenty-two seniors became National Commended Scholars.

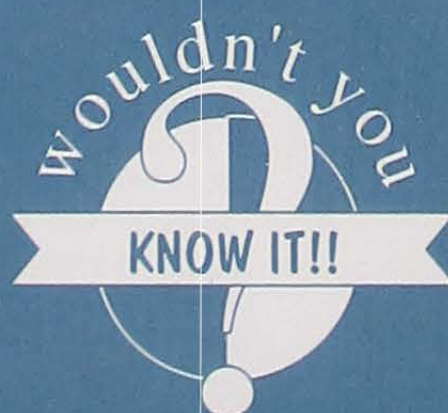
...Students in the Advanced Placement Western Civ classes and advanced art class took a weekend trip to Chicago to the Art Institute of Chicago to see paintings and sculptures they had studied.

...Making government come to life, juniors DeDe Jordan Harris and Charles Bibilos spent a semester in Des Moines as Iowa House and Senate Pages.

In our struggle not only for success, but also to break the monotony of each day, we found all sorts of activities to liven our academic careers. Walking through the hallways during class we heard Spanish classes singing "cumpleanos feliz" (happy birthday); we saw dominoes being lined up in the back hallway for a physics experiment; and we smelled the creations of the foods and nutrition classes, all the while keeping in mind that it was...

part of the master plan

By Jenni Collins



When the class of 1994 graduated, the number of Ames High graduates reached over 19,000 from 118 classes.

Three-fourths of the 104 faculty members in 1994 had master's degrees; four had doctorate degrees.

Principal Charles Achter became only the third Ames High principal in 50 years.

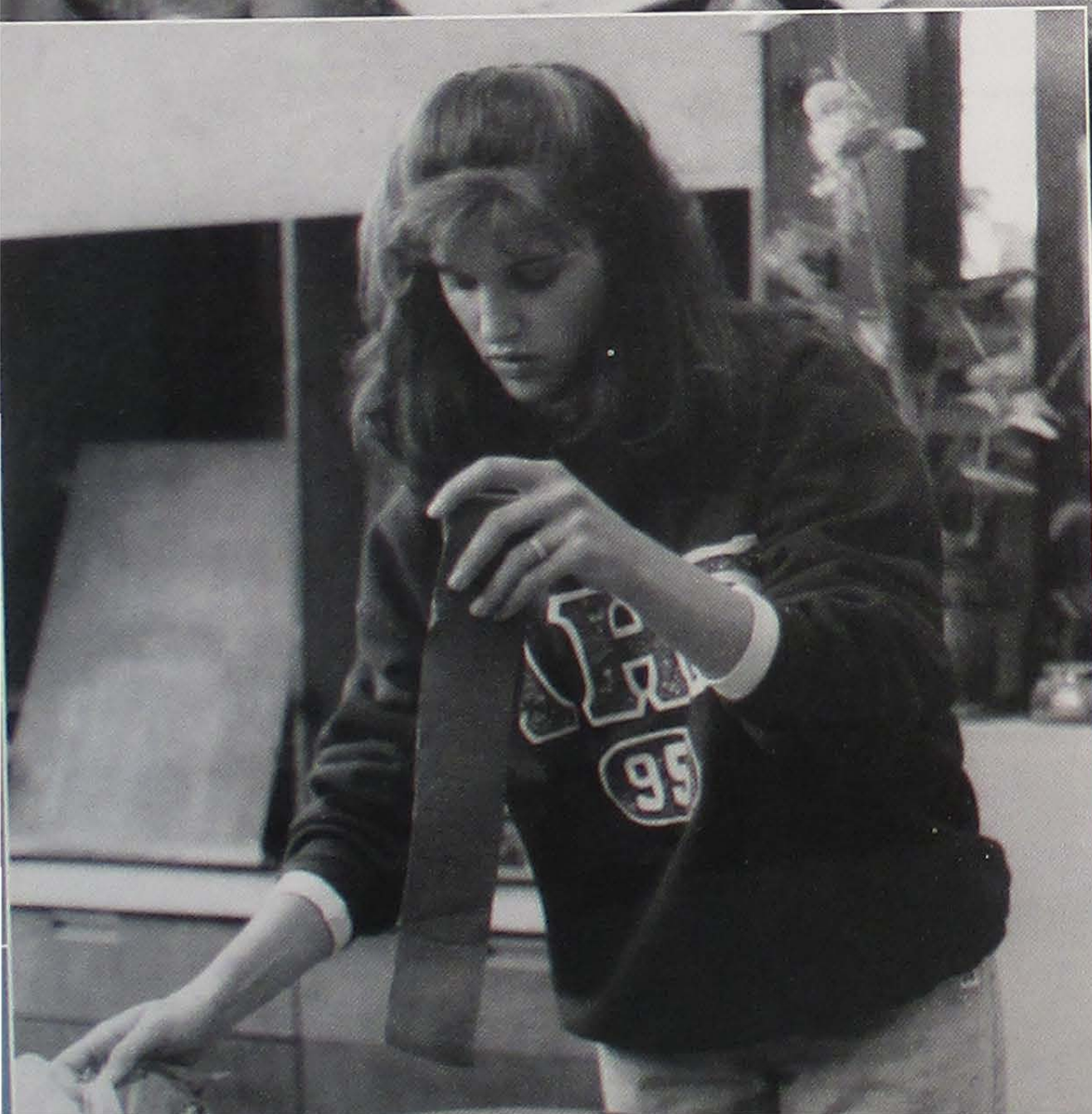
The Ames Schools were rated ninth in the nation by Expansion Management Magazine.





Carefully, junior Sherry Schwarzenbach finishes her pottery. Schwarzenbach was a member of Susie Petra's seventh period 3-D art class. (Photo by Pam Hove)

Steadily, seniors Bittoo Kanwar and John Milleman measure a salt compound for their sixth period chemistry lab. The purpose of the lab was to test the solubility of salt in water. (Photo by Pam Hove)



C lass acts

Field trips
& speakers
broke up
monotony
to make
class more
fun

Students yawn as they kick back in their chairs and get ready for their daily afternoon nap during their sixth period class. But their day takes an unexpected turn when class time is cut short because another speaker is visiting Ames High. • Speakers, assemblies and field trips helped break up the monotony for students and teachers and enriched their education in the process. • "We went to Adventureland to learn about the laws of physics," junior Mambwe Mumba said. "We wanted to get out of class for a day and it was fun. Riding the Dragon was the best." Another school-sponsored field trip also involved a ride—a bus ride to Minneapolis. • "We went to see *Othello* at the Guthrie Theater," junior Megan Biggerstaff said. "At first I did it to get out of class, but it turned out to be very fun. There were other high schools there, so I met some new people as well." Students didn't always have to travel to make learning more fun. "Two very fluent Spanish speakers came to our Spanish class and taught us the 'merengue' and the 'salsa'," junior Jenny Bennett said. "They even brought music and had people in the class as models. They are dancers at a cafe in Campustown and they taught us dances from there. It was a fun experience learning how people of other cultures dance." • Along with foreign languages, students found speakers in their other classes enjoyable too. • "I thought the Bone People would be a good break from class, but since the poetry was expressed through music, it was very enjoyable to listen to," senior Carrie Salvo said. • Students attended this performance as part of creative writing class. They were pleased to discover that there was a lot more to poetry than dark coffee houses full of smoke. • "I was glad to get out of class to listen to a bunch of people sing. I didn't really have much of an open mind about



After touring the White House, senior Jenni Collins, sophomore Leah Mills, journalism teacher Kendi Neff-Parvin, senior Kari Wille and sophomore Phoebe Silag pose for a quick picture with Bill and Hilary Clinton. The group was in Washington D.C. for a national journalism conference.

it at all. But when they started singing the label on the back of the 'foam bath' bottle, I realized I was in for a good show," senior Joe Sweeney said. • At least one speaker rewarded the class she spoke to. Donna Schepers' Foods and Nutrition class got free pizza. • "A speaker from Tone's spices asked us for volunteers to make a pizza. In the pizza we used a lot of new and different spices to flavor it. It was a fun day and everyone really learned a lot," sophomore Erica Saari said. • With such benefits offered as part of the educational process, students were forced to skip their naps and reap the rewards.

By Jenny Ellett



While it looks like they're having fun on the bumper cars at Adventureland, students in Nancy Svien's Physical Science class gather data on a field trip. (Photo by Chad Williby)

The Bone People perform poetry to music for Julie Freed's Creative Writing class. All interested students could attend the performance. (Photo by Alicia Ackerman)



Who

WOULD HAVE THOUGHT

"I used to date a Catholic girl and on Friday nights I'd take her to confession—that was the first thing we'd do on a date." Mr. Carlson made what he thought was an innocent comment to our AP Senior English class—and we've never let him forget it. That is just an example of the high intellectual content found within the APSE world.



By Cassie Dunham

We have taken some things seriously this year. In fact, Mr. Carlson was so shocked to find an American on the British authors list that he exclaimed, "Oh, How'd he slip in there?!?" And we've learned, too. For instance, none of us knew before this year that Duke (Knapp) was so good at making interesting and informative packets for presentation. Or the true difference between a hawk and a handsaw (see *Hamlet*). Or the correct method for chastising an insubordinate river (see the "Greek Unit"). In APSE we realized the true caliber of the AP student when Judd (Bowman) stated simply, "You don't understand — I don't read."

Yes, all in all it's been a great year of scheduling and re-scheduling and finally un-scheduling. If there's one quote to sum up our experience in APSE I'd have to say it's, "'To be, or not to be...' will that be on the test?"

English Department



Walking to the Guthrie Theater from Nicollet Mall in Minneapolis, seniors Malissa Donahey, Beth Butin, and Lizz Welch are anxious to see *Othello*. Students in English classes had the opportunity to travel to Minnesota for a day to see the performance. (Photo by Melissa Haynes)

Who

WOULD HAVE THOUGHT

It was another day in the infamous Room 3, which has the distinction of alternately being the hottest and coldest room in school, directly proportional to the weather outside.



By Matthew Prins

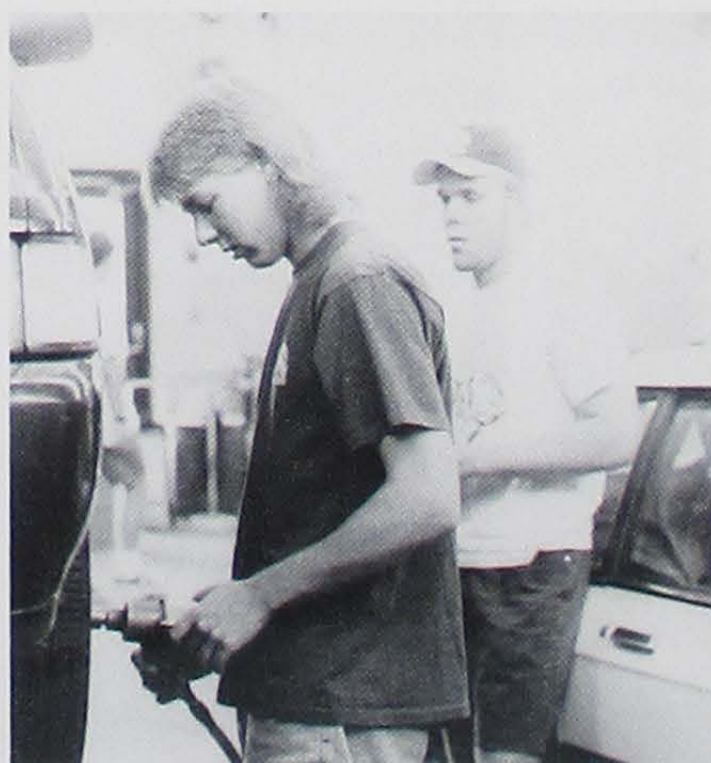
Mrs. Swenson handed out the Chapter 5 calculus tests and the TI-82's, which are known in math circles as "a gift from God." Twenty-two pairs of hands simultaneously became sweaty as 22 pairs of eyes read the first question. "Find the surface area and volume of the area enclosed by the graphs $y = \sin^2 3x + 1/2$, $x = y^2 + 2y - 2$, and the derivative of $y = e^x/x$, revolved around the x-axis using shells." Fortunately, I knew the formula for shells: $V = \pi r^2$, right? Or was it $\sin^2 x = 1 - \cos^2 x$? Or $A = bh/2$? Maybe $x + y = 3$ $2 + 2 = 5$? Ahhhh!— $e^x = (1/n - 1/x)$. Yes! That must be the formula!! Luckily, I ran out of time before I could see if this formula was right. Ah, such is the life of a calculus student, to formulate where a calculator will answer.

Math Department

As junior Heath Klatt changes a tire during an Auto Mech class, junior Bryan Johnson watches. Experience from this class could help students get jobs. (Photos by Kendi Neff-Parvin)



Checking out his work, freshman John Smetak finishes a drafting project. Taking industrial ed classes often led to career interests.



During computer science, sophomore Polanda Brownlow tests her skills. Computer knowledge was almost mandatory in and after high school. (Photos by Kendi Neff-Parvin)

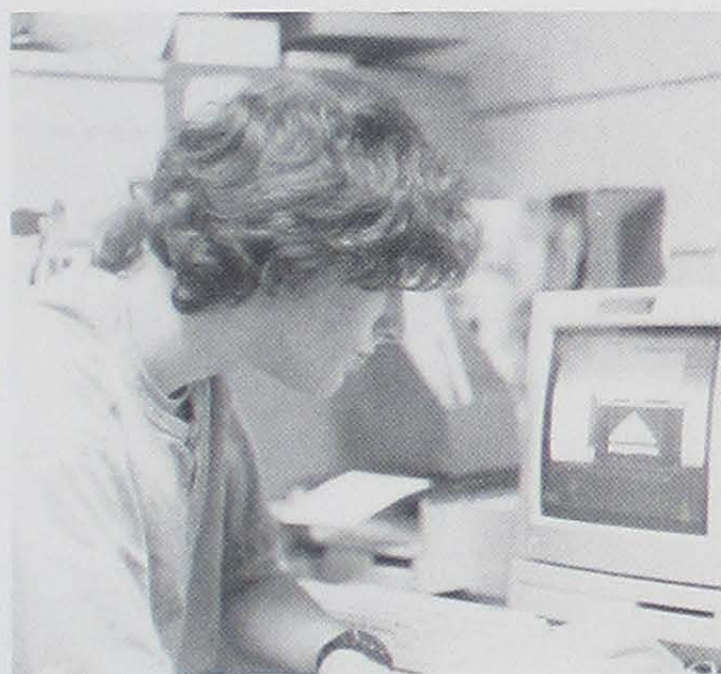




Career Track

Students prepare for careers through classes & clubs

Picking up the Ames High registration book can be as muscle building as a workout at Gold's Gym. • Ames High curriculum went far beyond the normal English, Science and Math provided at many Iowa schools. Classes satisfied a broad range of interests. Auto Mechanics, Foods and Nutrition, DECA, VICA, Child Development and Anthropology were just a small portion of the many electives available. • "Being on yearbook gave me the chance to develop my people skills," said sophomore ad design editor Leah Mills. "I learned to cooperate with other people because even if I didn't sell them an ad this year, they might buy one next year." • Being able to enroll in these classes gave a large number of students the opportunity to explore possible job options first hand. • "I took Web because I was kind of thinking about journalism as a career, but now I'm not so sure. However, I'm glad I took it because I read the newspaper more now and notice little things like the layout and writing," said senior Amy Bergan. • The electives also gave students the ability to develop skills not directly related to a specific career. • "I learned that you have to be responsible for your own work and you can't depend on other people to do what they are supposed to do," said Bergan. "I am not as naive as I used to be." • The idea of teaching the very class they are taking also occurred to several students. • "I feel that band and orchestra have helped me in many



Playing around with some graphics, sophomore Chris Meyer works on a logo design for his Graphic Design class. Having the opportunity to take a variety of art classes helped some students decide if they really wanted to pursue a career in art after high school. (Photo by Cori Kindred)

relationships with others and I have gained a great deal of musicianship," said senior Jeff Halliburton. "I am considering becoming a musician or music educator later in life." • Senior Jana Skaff took four semesters of modern dance, in addition to choreographing for Terpsichore. • "I didn't really want to take P.E. and dancing is my big thing, because I hope to be a dance teacher some day," said Skaff. • The ability to take many of these classes taught students real world skills. DECA and VICA both allowed students to receive graduation credit and use part of the school day to go out and work in the community. Business classes also stress learning skills that could be transferred into the workplace. • "I have learned a lot about risk taking, entrepreneurship, filling out income statements and profit over investment equals rate of return from (Business teacher Merle) Garman," said junior Kristy Jones. "I am taking accounting and I think that I am going into accounting as a profession." • Ames High students are known for being successful later in life. For every one of our alumni that has prospered in their jobs, they can probably think back and remember a class taken here that taught them skills applicable to their present career.

By Kari Wille

Stressed out

Coping with full schedules was a must for most students

Go to school. Go to practice. Go to work. Do chores. It's 10 p.m. and where did the time go? When are you going to do that six-page report? The pressure is on. Will the stress ever end? • With sports, other extra-curricular activities, jobs and family demands on top of just getting homework done, many students felt it was just too much to handle. •

"My Advanced Algebra II and Physics teachers give me a ton of homework every day," junior Steve Steenbeke said. •

Teachers and the homework they assigned were just the beginning for some students. • "After having the stress build up all day at school, sometimes cheerleading just seems to add more stress to my life," junior Suzy Craig said.

• In contrast though, many students found extra-curricular activities as a way to relieve their stress from school. •

"Swimming, dance, and music cause stress for some people, but they help to relax me," sophomore Noelle Padgitt said.

• Others preferred to relieve their stress by spending time by themselves. • "I like taking a walk alone, especially on a fall day. It's very relaxing for me," senior Erin Ackerman said.

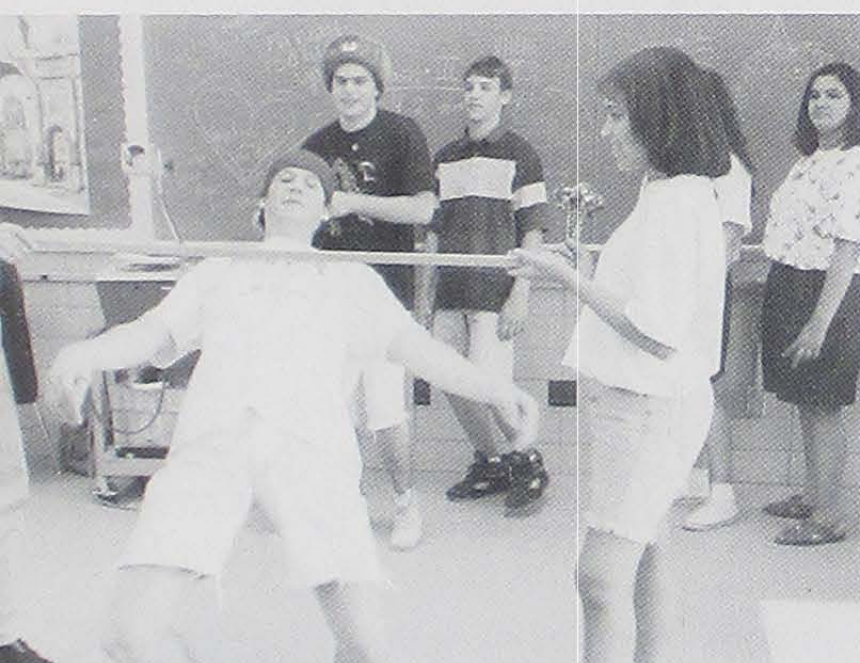
• Different forms of exercise helped to relieve the anxieties of teen life. For others, it was simpler than working out. • "I try to laugh—sometimes it's hard when you're mad at everything though," sophomore Michelle Hunziker said.

• Some students simply gave up on trying to relieve their stress. • "I don't have any time to relieve my stress. It's useless," junior Heidi Herold said.

• Other students preferred to find ways to prevent stress rather than waiting and having to find ways to relieve it. • "The minute I get an assignment, I go home and get organized. For example, if I have to read a book, I will plan it out in my DayRunner (an organization notebook) so that I

read a certain amount of pages each day," junior Ethan Olberding said. • At least one sophomore wasn't that organized, but still set her priorities. • "I try to make allowances for myself," sophomore Emily Myers said. "I let some things fly, but still accomplish the important ones." •

Olberding and Myers probably had the best methods for handling school, practices, jobs and that six-page paper, but it seemed most students found ways to cope with their busy schedules. And the bottom line for those students was sometimes the hardest thing to do...just relax!



Let's Limbo! Junior Jim Klaas tests how low he can go during a party in Terri Mickelson's Spanish class. Along with Mickelson's student teacher, sophomore Porshia Smith holds the bar as senior Courtney Padgitt and sophomore Brad Davis wait for their turn. (Photo by Jenni Collins)



To help unwind between finals, junior Ryan Bowers, freshman Andrew Yee, junior Matthew Prins, senior Chad Williby and sophomore Doug Westvold play poker. (Photo by KNP)

Indulging sometimes helped stress. Senior Steve Bern, freshman Cody Dakan, and sophomores Wes Payeur and Erica Saari get donuts in Donna Schepers' class. (Photo by Robyn Berning)

By Shannon Kenealy



Who

WOULD HAVE THOUGHT

The AP Western Civ Chicago trip: Hard Rock Cafe, pool fights, room service, and oh yeah, the Art Institute of Chicago.



By Sarah Freed

I must admit, I was initially apprehensive about this trip; I didn't know everyone going, and I wasn't sure if

there was a bathroom on the bus. But my apprehension faded as I spotted the bathroom, and everyone got along great.

It was wonderful: some of the smartest people at AHS occupied that bus, and not one physics book was open.

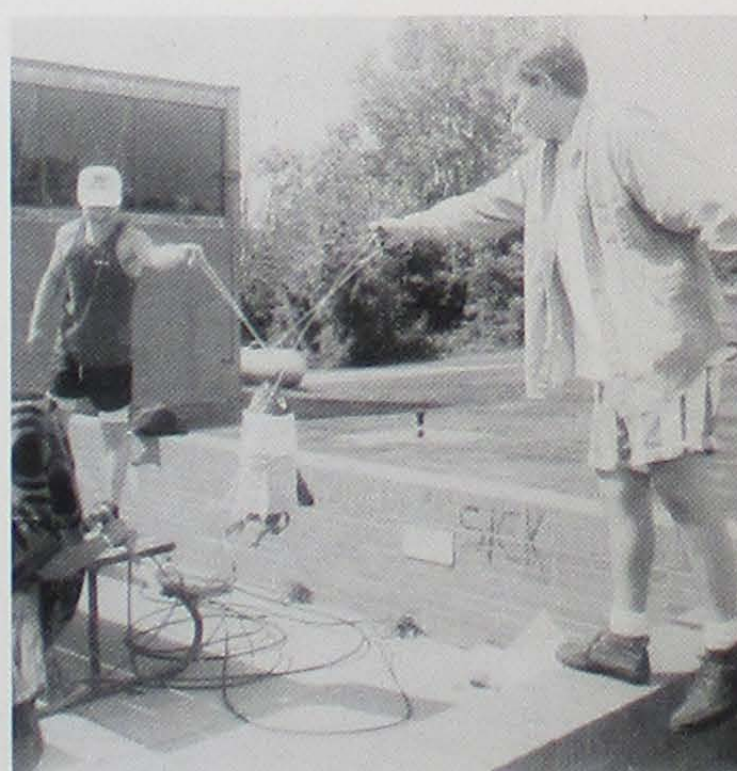
The hotel experience was even better than discovering that our bus driver was a huge B.J. Armstrong fan. At the hotel, some people engaged in water fights, others watched movies, and—uh oh—members of the opposite sex occupied the hot tub, simultaneously!

The following day was the educational aspect of the trip. We learned about Monet, Van Gogh, Michaelangelo, and the history of rock n' roll. We had the privilege of seeing first hand all of the magnificent art we had studied in class at the Institute. After studying thousands of years of art, we still yearned for more culture, so we headed to Hard Rock Cafe. After our meal, we boarded the bus to go home, feeling knowledgeable about both impressionist art and the art of making Hard Rock's plump burgers.

As the bus approached AHS at the end of the trip, I felt as though I had missed something. But that couldn't have been the case; I had a blast, and I had become more cultured. So what had I missed? Oh yeah, the bus driver visited B.J. without me!

Social Studies Department

Fiestas helped liven up class and make schoolwork seem a little less stressful. During Barbara Peterson's Spanish class, senior Zach Thompson and junior Tony Tarbox hold a pinata while a blind-folded classmate takes a swing. (Photo by Robyn Berning)



Who

WOULD HAVE THOUGHT

How many electrons must be added to a spherical conductor (radius 10cm) to produce a field of $2 \times 10^{-3} \text{ N/Coul}$ just above the surface? What is an apparent shift in wavelengths of light emitted by a light



By Steven Chang

source moving away from or towards an observer? Compare the function of swimmerets in the male and female crayfish in sexual reproduction...Ahhh!

So you say to yourself, "Just 43 more minutes." The next thing you know you're hit with a pile of review questions. And that's when you find out that there's a test tomorrow on the process of DNA replication. DNA replication? What's that?

Even though science may be difficult and not to mention confusing, it's always been a fun and interesting class for me. Although cutting into a formaldehyde-filled worm or watching the ever-popular movie *Sexual Encounters of the Floral Kind*, which by the way won the Peabody Award (the Oscar of nature films), may not be the highlight of your life, it is a relaxing break from class.

Many people love science and many would love to get rid of it. Most of us never think about the impact it has on our lives, but from the time you wake up to when you go to bed, you have probably used something that came about because of science; TVs, radios, cars, computers, just to name a few. So when you don't feel like studying your science, you shouldn't quit, because it's applied to your every day life...At least that's what my parents say.

Science Department

Discussing college choices with a Yale Representative, senior Bryan Warme learns about campus life. Many visiting representatives helped familiarize students with life beyond high school. (Photo by Robyn Berning)



Using an ammeter, juniors Brandi Foley and Nichol Fraser learn to measure voltage in a circuit. Much of what students learned in physics could be applied in college. (Photo by P. Hove)

To review body parts in third-year Spanish, the class played Simon Says. Foreign language was required by many colleges. (Photo by Tanisha Cosby)





Schedule woes

Course selection revolved around college plans

"It's never too early to start planning for your future." • This quote could be attributed either to life insurance commercials, or AHS counselors who constantly reminded us that we needed to plan our schedules carefully to accommodate college and career plans. • "I take honors classes, because I like the challenge, and it looks better on college applications than regular classes. Plus, if you take honors classes, you are usually in most classes with the same group of people, and your group of friends evolves from honors class people," junior Dion Harmon said. "I'm taking Latin at the University. I'm not sure it will help me prepare for college, but it might because if I want to learn French, Spanish or Italian, those all branch from Latin, and it would make it easier. I just kind of think that it's neat to study Latin. I'm also taking calculus at Iowa State because I can't take it at Ames High because it is only offered during the time that Latin is offered." • In the ever-competitive atmosphere of Ames High School, students often looked for ways to give themselves an edge over other students. Though only a handful of students took advantage of free tuition at Iowa State, those who did agreed that it put them ahead. • "At first I decided to take a couple of math classes during the



summer because I didn't want to be driving back and forth to ISU during the school year. Then I learned, from various sources, that when I finish the summer I will have all of my required undergraduate mathematics for an engineering major taken care of," junior Susan Hsu said. "Because I plan to also major in piano performance and doing both usually takes a minimum of five years, having math out of the way is really a nice perk because it will simply buy me more time that I can use for practicing or studying." • Some students found that for their intended career, college requirements didn't include the normal four years of English,

two years of math, three years of science, two years of social studies, two years of foreign language, and two elective credits. • "I've taken most of the art classes here, and I've taken several independent study art classes. I want to be an artist as a career, and any added art experience can't hurt me," senior Ashley Hagen said. "Art colleges have regular requirements like English, but a lot of art is very important. They also look for things outside of school, like art shows or displays." • Whichever type of college was in a student's plans, preparation was an important part of getting there.

Private lessons such as this one between junior Kirsti Place and Homer Gartz prepared music students for further involvement in college. Many band students looked forward to joining marching, pep, and concert bands at colleges and universities. (Photo Mindy Cooper)



By Jenni Collins

Sibling Rivalry

Sharing the halls with brothers and sisters could be done peacefully

Imagine walking down the hallway and seeing your favorite pair of jeans—the ones with the hole in the knee that you tore just last weekend. You also distinctly remember the conversation you had with your younger sister and telling her she couldn't wear them. Instead of walking the other way, you confront your younger sister and embarrass her in front of her friends. How annoying. What could your parents have been thinking when they decided to have another child? • “My sister always compares herself to me, because she thinks she's better than me,” sophomore Leah Mills said. “We both wear the same size in clothes and shoes, and one day she came to school wearing a pair of shoes I had strictly told her not to wear. In the middle of the hallway I told her to take them off and we got into a semi-catfight. She didn't take my shoes off and walked away really snottily like a typical freshman.” • Going to school with siblings, whether they were younger or older, had

definite disadvantages for some students who ran into their siblings a lot. For the luckier ones, though, it was no big deal. • “My sister wasn't really annoying because I never saw her. My sister was always nice to me except we had a mutual irritation about rides. She always got out about 10 minutes before me and never wanted to wait for me,” freshman Ryan Ross said. • Ross and senior Beth Butin shared similar views. • “It wasn't too bad having my sister and step-brothers at school, because I didn't really see them that often. I wasn't really compared to my sister, only my step-brothers, and I didn't mind because I usually did better than they did,” senior Beth Butin said. “I think the only person who is really annoyed by it is my sister because people mistake her for me. Her little friends bug me so I guess that could make up for it.” • Obviously, sibling relationships were as different as the people involved. But it seemed the more fortunate brothers and sisters were able to share the halls without any “catfights.”

Hooking up a physics lab, juniors Mandy Padilla and Gina Olberding measure voltage. Olberding's twin sister Jackie was also an AHS junior. “We get along really well. We have the same basic group of friends, but they can tell us apart and they know we are separate people,” Olberding said. (Photo by Pam Hove)



After school, sophomore Andrea Hawkins and her sister, freshman Emily Hawkins, work on their homework. Fortunately, sibling rivalry wasn't a problem for them in school.

Toontwo and Bhagya Wickrama complete their government final. Most students weren't in classes with their siblings, but that wasn't the case for them.

By Becca Stott



Who

WOULD HAVE THOUGHT

Taking an art class is required for graduation. Many students dread taking art for fear that they don't have the talent or creativity. So many students take an art class solely to fulfill their "art requirement."



By Ashley Hagen

But once a student takes an art class, they often love it and then take another one, or more. They tend to let go of their fear of failure and also of external and internal prejudices of what they can and cannot do and the belief that you either have it or you don't.

Students are measured not only by what they do, but by what they think. The art room becomes a place to explore the process of being an artist. Students learn to form their own ideas. They learn to expect a constant wave of challenges to test, expand and push beyond what they believed they were capable of. When taking an art class at Ames High, students are encouraged to pursue, and to glory in their accomplishments without becoming a purveyor of illustration or someone else's acquired ideas. They are able to do this and maintain the integrity of their work in the process.

Not everyone who take an art class at Ames High becomes an artist, but I guarantee you that students will leave Ames High with the ability to question themselves critically. In addition, they will have developed the skills to build upon their ideas. These skills will remain with them the rest of their lives!

Art Department



Practicing their duet for contest, freshman Heather Herold and her sister, junior Heidi Herold perfect their piece. The Herolds found that it was easier to find time to practice with each other than to try to schedule practices with other friends and musicians. (Photo by Jenni Collins)

Who WOULD HAVE THOUGHT

You could probably find swimming, volleyball, repelling and canoeing at a summer camp, but these activities are also found in Physical Education class at Ames High. This



By Rebecca Birch

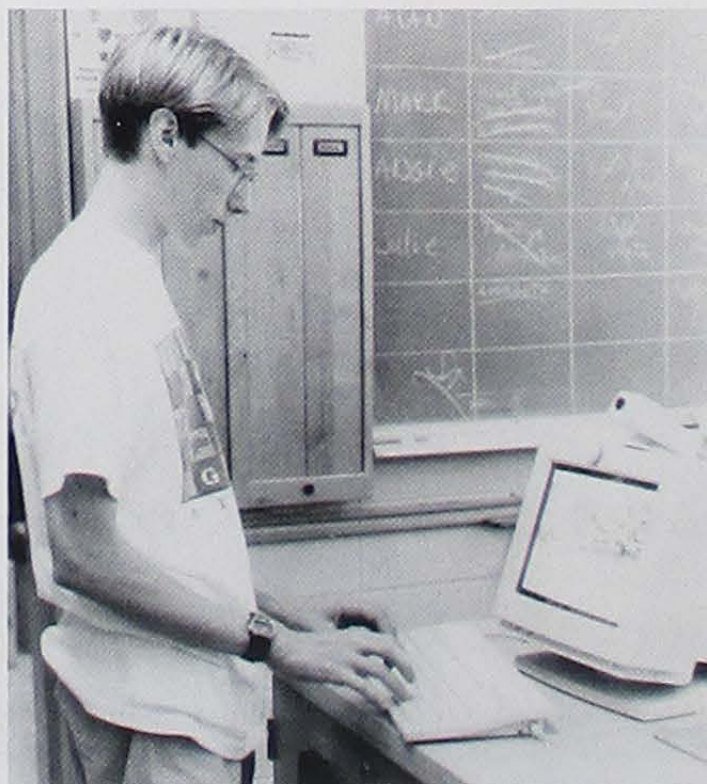
year the rules of P.E. were different, allowing students who participated in sports at school to take the class only one semester. Whether they are of the dreaded mile run or the polka unit, memories even for students not taking the course year-round should be plentiful.

This year a repelling unit was offered to students willing to participate, and I was one who decided to try it. Our harnesses were checked, rechecked and then checked again. We were told to climb a tower which we would jump off and glide to the ground on a rope. The climb to the top of the tower, which nearly reached the gym ceiling was quite frightening, and near the top I found myself crawling on my hands and knees. When I reached the top, I was hooked up to a rope, told to stand with my toes over the edge and told to call down to the anchor man below whenever I was ready.

When I finally jumped, everything went fine, and I glided safely to the ground. I proudly displayed my sticker of recognition on my shirt the rest of the day.

Physical Education Department

Working on the Internet System, senior Mark Harms communicates with a classroom in California. As a part of Ken Hartman's Chemistry classes, students got to work on the Internet and had many opportunities to talk with other classrooms across the United States and abroad. (Photo by Kendi Neff-Parvin)



During Computer Applications, teacher Dick Lang looks over freshman Dana Doran's shoulder. Taking computer classes often helped students in their other classes. (Photo by Kendi Neff-Parvin)

Using the computer in Drafting, freshman Kelly Umbaugh works to finish an assignment. (Photo by Kendi Neff-Parvin)



Cutting edge

Technology an integral part of students' everyday lives

Imagine having a conversation with students from another school in another state and never picking up the phone. With technology, it was possible for students at Ames High to communicate with students abroad. Computers were useful for students no matter what they might be doing. • "I like it that we have an opportunity to use it, because in college it's very much present. I work at Iowa State and I have my own E-mail account. It's good to have the experience before you get to college," senior Becca Jones said. • Computer knowledge was helpful in many areas. Students who were in art classes had the opportunity to use computers for graphic design among other things. • "The facilities we have are good, but the teachers don't know how to teach it. The program is easy to work with if you know what you're doing. The use with computers is limited in graphic design but it should be emphasized more," senior Joe Sweeney said. • Whether it was using computers for art classes or taking a general typing class, technology generally made completing assignments easier. • "We have a lot of computer classes offered. I don't know that we need that many, but taking basic typing has helped me whenever I have to type papers for my classes," junior Bruno Gilchrist

said. • Taking keyboarding classes seemed to be almost a necessity. In the class, students learned basic typing and also how to format letters and type reports. • "I think computers are great. Everyone should take typing classes because they will need to know how to type later on anyway," freshman Drew Hamilton said. • While typing classes could be fun, outdated technology was sometimes a drawback. • "I took Computer Applications which was a pretty fun class except we had to use Apple IIGS computers. It would have been better if we could use Macintoshes because they

are easier to use," freshman Mark Nutter said. • The computer lab did have 15 Macintosh LC IIs for student use. • "I'm glad we have the computer lab. I don't use it often but I am always glad it's there when I need to type something. There have only been a few times when I couldn't get in to use the computer lab," junior Elizabeth Furr said. "I do think we need more computers because when there are classes in here, there are sometimes three people to a computer and no one else can use them." • Technology was an integral element of our society. With that in mind, students took advantage of all the school could offer.

Working in the computer lab for their Introduction to Journalism class, sophomores Robin Epstein and Nicole Achter put together a newspaper layout. Learning Pagemaker and completing a front page design for a newspaper was required for a portion of their grade. (Photo by Kendi Neff-Parvin)

By Becca Stott

Bending rules

Teachers broke conformity to enhance student learning

"Hola clase, today we are going to play beisbol." An outsider might think he aimlessly wandered into somebody's physical education class, but instead he overheard a second year Spanish class, preparing for the next day's exam. Many teachers made changes in their game plan to make learning exciting ... and saw positive results. • "Mr. Petersen finds physics in everything," junior Pam Hove said. "In the fall he took the class outside to demonstrate the formula $V=D/T$, by having us time him on his motorcycle as he rode through the school parking lot." • Students appreciated teachers' attempts to make things fun and found a deeper understanding in the subject. • "Mrs. Svien's just awesome!" freshman Meghann Hunt said. "She uses games like Pictionary to make learning fun and she even draws pictures and does funny dances to get us to remember facts." • Even though many teachers had different approaches to get students to learn, the important thing was to get pupils to remember and understand lessons. • "When we learn new vocabulary, Mrs. Lawler acts out words to try get us to guess what it is, or she'll make up a little skit," junior Sarah Freed said. "She always makes us laugh, and we learn, too." • In the math wing, a little more than adding, subtracting, multiplying and dividing occurred. •

"To review for a test, Dr. VanderZyl would have us play a game called Math-O," sophomore Sommer Mohs said. "The game is similiar to bingo and we have a lot of fun and learn at the same time." • It was apparent that excitement in the curriculum stimulated by many short attention spans. • "In Mrs. Furr's third year German class, we would play 'Simon Says' with the new vocabulary," senior Dan Redmond said. "It was fun, but at the same time an educational experience because we had to listen and try to understand what was being said. By having the games with learning, the

class much more enjoyable." • Studies showed that students retained 30 percent of what they read and 40 percent of what they wrote. However, when students participated in pairs or small groups, they retained 90 percent of taught material. Facts like these persuaded teachers to change their strategies. • "I definitely believe in active learning in the classroom," science teacher Nancy Svien said. "The more cooperative learning groups we have, the more long term knowledge students will have. And besides I don't believe in straight lecturing, I get bored, too."

To reinforce a concept in Physics, teacher Julie Thompson explains steps of a lab to juniors Sarah Freed and David Good. Labs, demonstrations, and experiments made learning fun. (Photo by Pam Hove)

By Tanisha Cosby

To celebrate their student teacher's last day, Terri Mickelson's second year Spanish class held a fiesta. The fun included junior Anne Shrum practicing the limbo. (Photo by Jenni Collins)

Phil Johnson practiced do-it-yourself methods with his geometry class. Different rows were assigned problems to work out on the board. (Photo by Mindy Cooper)



Who

WOULD HAVE THOUGHT

"Get back in here you chickens! Nothing is going to blow up," yells Mr. Faas while standing underneath the car as the student beside him holds



By Mike Shimkus

the trusty, ever-present fire extinguisher.

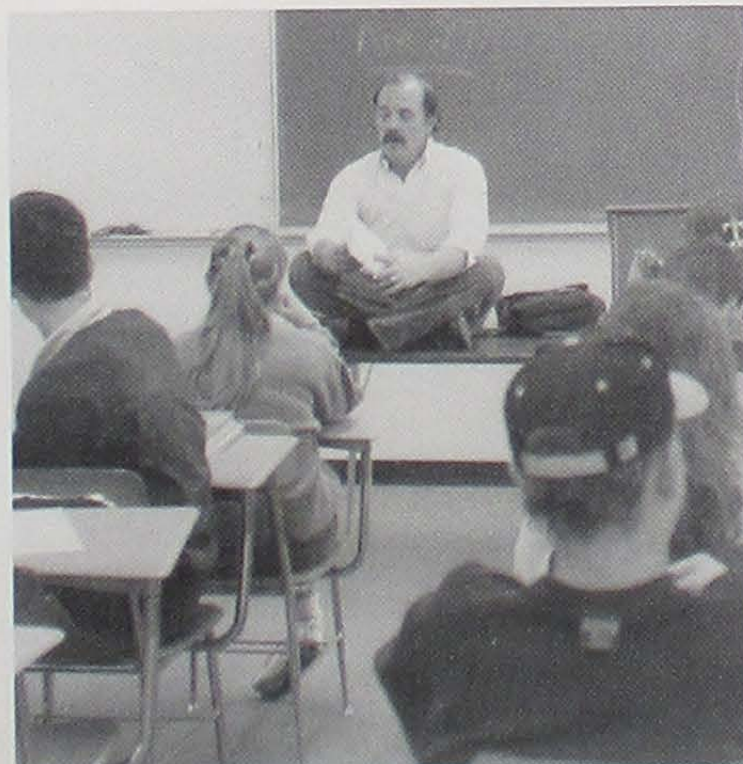
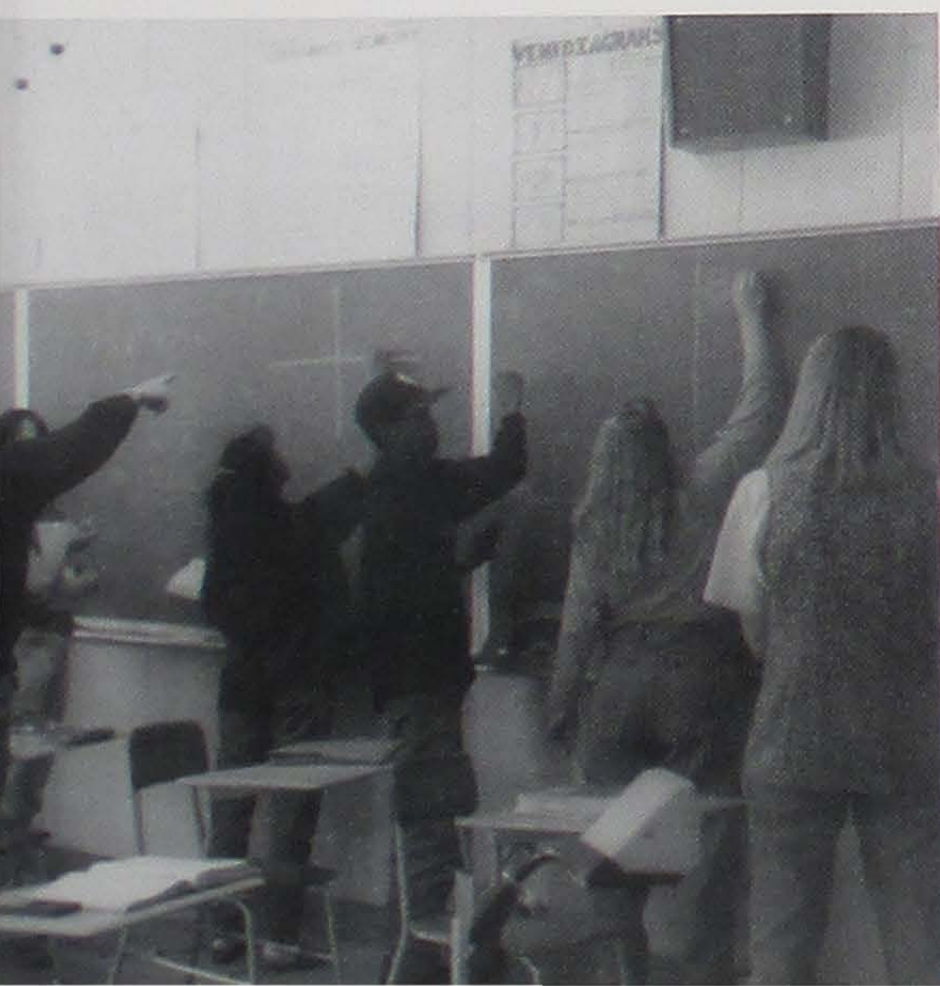
There is no other class in the registration manual of Ames High that offers more excitement and challenge than Auto Mechanics with the singular Mr. Faas.

Mr. Faas' ability to keep track of 20 students doing tasks ranging from changing the oil, driving to the parts store or rewiring the electrical system of a car constantly keeps his students amazed.

No other class hold the same intensity because no other class forces students to leave the lab room while the teacher cuts a gas line with an oxy-acetylene torch. Auto Mechanics is the only class where students have the opportunity to learn the applicable, hands-on knowledge of cars, power tools, fire, smoke, the steam cleaner, and most importantly, the fire extinguisher.

Auto Mechanics

To make students feel more comfortable, teacher Robert Uetz curls up on top of a table during a class. The relaxed atmosphere helped ease the stress and make learning more enjoyable. (Photo by Mindy Cooper)



Who

WOULD HAVE THOUGHT

For the past two years, I have been taking German and have learned more about the language than I thought possible in such a short amount of time.



By Alan Hardy

Mrs. Furr and Mrs. Carlson teach German in such a way so that you do not spend all of your time memorizing grammar charts, but instead learn about Germany and its people.

In German II, students are supposed to write to someone in Germany at least twice each semester. I have been writing to my pen pal, Leng, for a little over a year and have enjoyed reading about the differences and especially the similarities between life in Germany and the United States. For example, we both enjoy the same music, books and movies.

Eventually I would like to go to Germany so I can have the chance to use all of the information I have been learning inside and outside of the classroom.

Foreign Language

While touring Germany, students stopped in downtown Dusseldorf. Senior David Smalling keeps apart two statues of men fighting. While visiting Germany, students were able to view many of the art forms in the cities, which stemmed from the older culture. (Photo courtesy of David Smalling)



Gazing at the ocean in Ireland, juniors Brett Blackwelder and Ben Hornung converse about the view. Students stayed in Killarney, Dublin, Wales and London on their trip. (Photo by Kendi Neff-Parvin)

While visiting a limestone factory in Germany, seniors Erich Menzel and Jessica Allen exclaim as a wall of limestone is exploded. (Photo by Becca Stott)



World tour

**Travel
abroad
allows
students to
discover
new lands
& cultures**

Spain, France, Germany, England and Ireland. All beautiful European countries filled with culture and fantastic scenery. All lands far away from home filled with new experiences. All visited by Ames High students during Spring Break. •

As these groups of students in their third or fourth year of language class (or any English class) flew across the ocean to experience first-hand other cultures, they grew closer with the other students in their groups. • "This trip (to Spain) really pulled us together. Since we all knew our own language, we had to rely on each other," said junior Ali Best. "But we did get along pretty well with the knowledge we already had." • Students except those on the England/Ireland trip stayed with host families while visiting the countries, which proved very educational about European home life. • "While in Germany, I learned the culture—basically school and teen life," said junior Lindsay Sargent. "I enjoyed meeting new friends and going to their activities. We found many lasting friendships, and everybody wants to go back and see it all again." • Not all personalities associated with foreign travel were positive though. • "I enjoyed Ireland the most because the people there were so

friendly," sophomore Alan Hardy said. "When we got over into England and Wales people were rude." • Aside from a few negative experiences, though, foreign travel was very rewarding for most students—some so much so that these countries may be in their futures. • "Both England and Ireland were beautiful," said senior Lee Vandewater. "I know I definitely want to go back--the rain made it beautiful. I want to see the countryside." • Students encountered much more than the countryside,

and their trips will be experiences they will always remember. • "I have many memories from my trip to France—the kindness of the hosts, the friendliness of all the French, the beauty of the countryside, and just being there. I am definitely planning on going back," said senior Lon Freeman. • After broadening their horizons beyond the horizon, students returned to Ames and their everyday lives. But their experiences abroad were evident in their new friendships, the customs they learned, the plans they made for the future, and the memories and photos that will be with them long after.

Visiting the town of Chamonix in France which is spread out behind them in the scenery, seniors Brian Terry and Fred Gilbert ride a ski-lift up a hill to view the top of a mountain. Students visited Paris, Annsey, and Fontainebleau while touring France. (Photo courtesy of Jackie Zenor)

By Emily Bourne

Testing Ground

Students improve their understanding of science through hands-on experience

Crouched on the floor, several small groups of students concentrate on setting up long rows of dominoes. When one of the groups is finished with one row, one of its members happily topples them over. No, the students aren't preschoolers simply playing—they are physics students hard at work. • Lab activities played an important role in many of the science classes. Biology students examined numerous types of cells under microscopes. Physics students worked with circuits, and conducted many experiments demonstrating concepts such as velocity, force, and momentum. Chemistry students often tested solutions to determine their content, and tried to predict what would happen when different ones combined or heated. • “Labs are great because they give us a realistic aspect to the physics problems that we do,” junior Mert Sermet said. “Labs give us a sense of realism to the daily—or night before a test—torture of physics problems, which can often seem abstract and impractical. Besides, we can also practice shock therapy when we're playing around with circuits, or maybe set something on fire.” • Because many of the lab experiments were based on the student's knowledge of the current lesson,

this often posed a problem for chronic procrastinators. • “Unfortunately, many of us in Honors Chemistry don't read the chapter until the night before a test, so we don't really know what we're doing when we perform a lab experiment,” senior Laura David said. “It's kind of like reading a cookbook—just following directions.” • Although many students felt labs helped their understanding of the current lesson, other students felt they didn't get much out of the activities. • “Some of the labs teach us more about what we're studying (in biology), but some are really pointless,” sophomore

Phoebe Silag said. “There was a lab on chromatography, but I couldn't understand the point of doing it. It didn't seem to be connected to the chapter we were studying in any way.”

• But for the most part, the students liked the break from the lectures, and enjoyed being able to prove what they were learning. • “Labs really help quite a bit. I understand the theory behind physics, but what we learn from the textbook is pure theory. Seeing it work is really something else,” sophomore Dion Harmon said. “It makes it a lot more fun, more precise, and more interesting.”

Using clamps to help hold a box together, teacher Jerry Swenson helps out MaryAnn Lynch. Lynch was building a tool box from scratch during her class. (Photo by Kendi Neff-Parvin)



During an Industrial Technology lab, senior Jeremy Gardner uses a router to finish a piece of wood. (Photo by Pam Hove)

Carefully adding solution to a buret, senior Jesse Coats tries not to spill. Being in chemistry meant having many labs to complete during a week. (Photo by Pam Hove)



By Susan Hsu



Who

WOULD HAVE THOUGHT

The greatest knowledge that I gained from Mr. Garman's class was during the last few weeks of class. We got into teams and created our own businesses. He was determined not to be of



By Lisa Foote

much help to us, and made sure that we worked out all of the details on our own. Although this became quite frustrating at times, I have to admit that it was a good project to be involved in. Our team decided to own a professional baseball team and build a new stadium for them. It was tough to always be depending on other members of the group, and making sure they wouldn't let us down. The day we were supposed to present, our leader didn't show up for class, so we had to wing it. In spite of several unplanned events that almost turned into catastrophes, we ended up with an A-. My favorite part of the project was when Thad Grebasch and I convinced Garman that it was necessary for us to take a field trip to Cub Foods to explore their prices and products. What a learning experience that was! We decided how much to charge on items at our concession stands, as well as bought our day's lunch, and enjoyed leaving school with our passes from Garman in hand.

Business Department

It may not look like a hover craft, but that's what it is. Junior Dan Gardner braces himself as junior Peter Fanous is about to give him a push across the gym balcony as a part of their physics lab. (Photo by Mindy Cooper)



Who

WOULD HAVE THOUGHT

We get to spend a lot of time with friends. We get out of a lot of classes. We get to go out and travel with our friends. We go to Des Moines and Marshalltown. We had a swimming tournament and we have had a basketball tournament with Marshalltown twice. We go to Iowa State to play volleyball sometimes.



By Marnie Bigelow

One of my classes took a field trip to Adventureland. I really liked it. We had a lot of fun.

My favorite thing in special education is math. I just started taking regular classes and I was kind of nervous about it.

I enjoy coming to school. I don't like going home. I'd rather stay in school. It keeps me busy because when I'm not here, there's really nothing to do. I enjoy keeping active, it's fun.

You can do more at school than you can at home, and it is more fun because I am with my friends.

Special Education Department

Looking at the computer screen, freshmen Kathy Craig and Ellen Kitchell try to master the keyboard in Word Processing. Many students took the class during the summer so that they didn't have to take a practical arts credit during the year. (Photo by Tanisha Cosby)



Giving a speech at the Democratic Party Nominating Convention, juniors Danny Nutter and Gina Olberding explain why they are the best candidates.

During Government, Tom Jorgensen lectures the class. Because so many students took the class in the summer, there were two sections. (Photos by Tanisha Cosby)



Rise 'n Shine

**While others
slept late,
260
students
busied
themselves
with summer
school**

The alarm clock on the nightstand wakes up early, sweating after a hideous nightmare. It dreams that during summer vacation, its owner repeatedly set it to go off early. Then, the poor little alarm clock realizes that it has not been dreaming. In fact, this imaginative dramatization could have happened in any bedroom of the 260 students enrolled in summer classes. • "I didn't really want to take summer school, but I'm too busy during the school year with swimming. I guess in a way it's good though, because I'll get to drive sooner than if I had waited and take driver's ed during the school year," freshman Robin Elwick said. • Though many students didn't enjoy the early mornings, several knew it was wise to get some mandatory credits out of the way. • "I figured that I would be bored this summer if I didn't have something to do, and I need the credit so I figured I might as well get it over with. Plus I will have the practical arts credit I need, and I won't have to take something that I'm not interested in anyway," freshman Ellen Kitchell said. • After talking to older students, students like junior David Millen decided that taking summer government would give them an advantage over students taking the class during the school year. • "I talked to people who had taken government during the summer as well as those who had taken it during

the year, and I heard a lot of varying stories, but it seemed evident that given the time constraints and the limited resources during the school year I could better explore politics in the summer," junior David Millen said. "The summer program is three hours per day, and we venture into aspects of government that the students during the school year only read about, like the political campaign. During the year, it just seems to have more of a basic structure." • In the summer government program, students



Leaving the school parking lot, freshman Kara Zeimet is instructed on the principles of proper driving. Driver's education classes were more full this year than normal because the school board dropped driver's ed from the list of classes being offered during the school year. (Photo by Tanisha Cosby)

divided up into the Republican and Democratic parties, then eventually a third party called the Freaks. • "We have done many different kinds of activities. Right now we are doing presidential elections. I was part of the Democratic Party Nominating Committee," junior Suzy Craig said. "We started the convention by singing the Star Spangled Banner, but then I think most people felt self-conscious because Mr. White was the only person singing. It was kind of funny, because he sang the whole thing all the way through all alone." • While students attended classes each day, the poor little alarm clock could take comfort in the fact that classes lasted only four to six weeks!



As fate would have it...

...Math students and teacher Leigh Nataro organized a Math League for the first year. The group placed second out of 53 schools in the division.

...Students Against Driving Drunk (SADD) organized a simulated car accident the day before Prom to remind students of the dangers of drinking and driving.

...The Varsity Science Bowl team, consisting of seniors Jesse Coats, Alex Schafroth, Evan Serfass, Jeffrey Willson, and junior Farhang Raaii, competed at the national science bowl competition in Washington D.C. The team placed in the top 25 out of 54 teams competing.

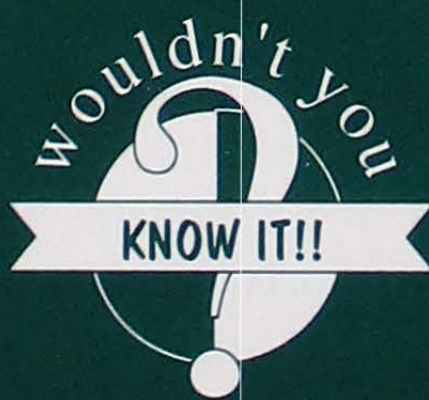
...Volunteering their time, seven Key Club members worked at the American Cancer Society Walk/Run which raised over \$20,000.

...The varsity chess team placed second at the state meet.

Brought together by common goals and interests, students students were able to achieve...

more than you imagined

By Jenni Collins



Ames High's first yearbook was called *The Meteor*. The *Spirit* was first printed in 1911, but not as a yearbook. It was originally published quarterly, with the fourth issue being the yearbook edition. The yearbook edition grew, and by 1920 the *Spirit* was printed exclusively as a yearbook.

As an alternative to senior English, the first Web was published in 1928. Any senior scoring 90% or higher on an exam was allowed to be part of the newspaper staff instead of taking the English course. To name the publication, the staff solicited suggestions from the student body, and from those chose the Web.

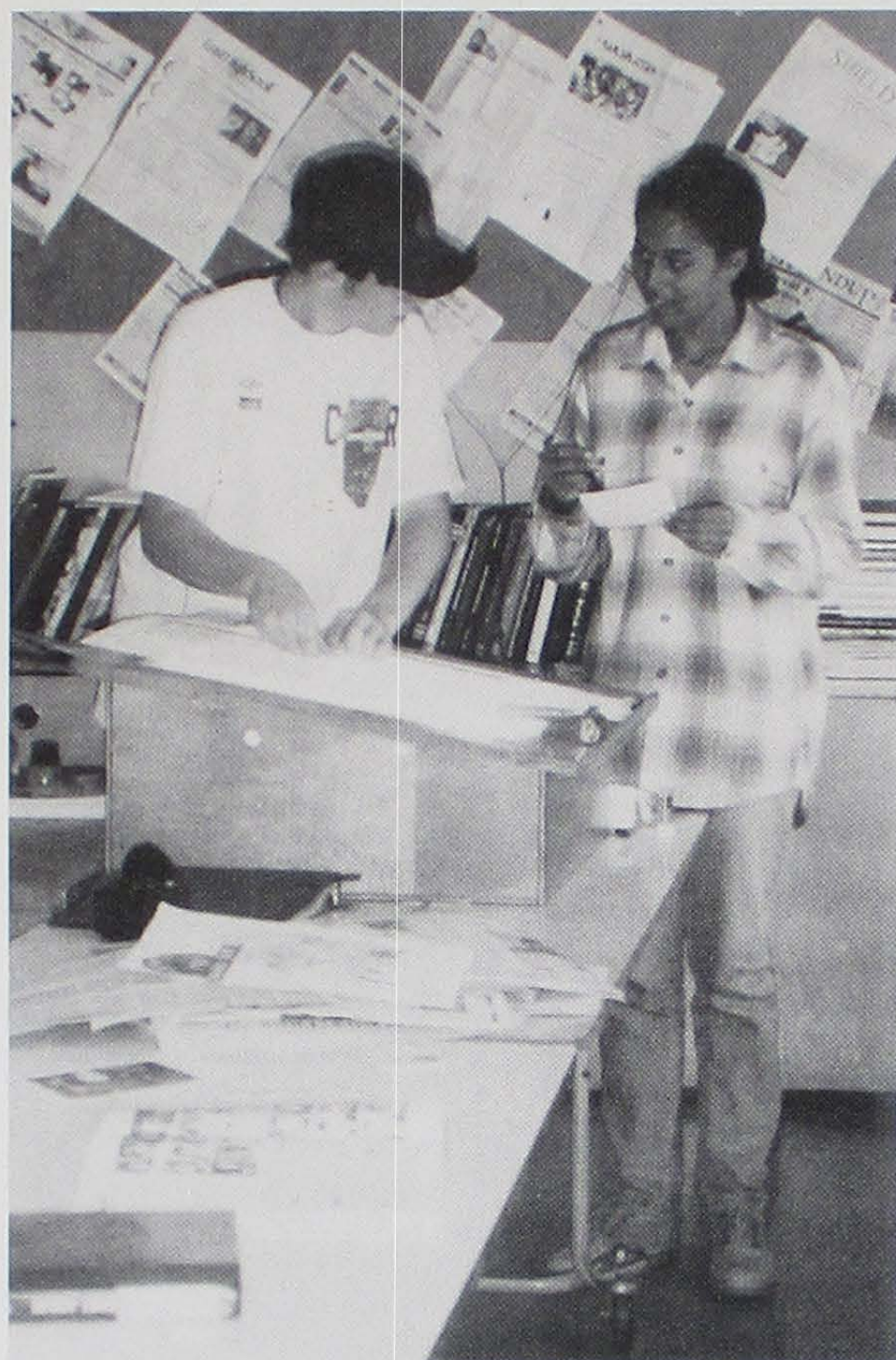




During Ames High's annual Speech Fest, junior Sara Stevenson and senior Becca Jones debate coquetry and morals in Moliere's dramatic piece *The Misanthrope*. Jones and Stevenson were the Speech Club officers. (Photo by Jenni Collins)

To raise money for Welfare Week, Student Council sponsored an ice cream social. Freshman Carrie Tett scoops ice cream while teacher Kim Burnett and junior Jenny Olson choose toppings and junior Tami Shinar counts her change.

Standing in front of the light table, senior Amy Bergan uses a ruler and an X-acto knife to trim the final printouts of the Web pages. The pages were then pasted on the layout sheets and sent to the *Tribune* for printing. (Photo by Robyn Berning)



Sharing space on the light table, senior Mike Shimkus and junior Charli Engelhorn paste photo PMTs to layout sheets during a deadline. As managing editor second semester, Shimkus was in charge of photography and artwork for each issue. (Photo by Robyn Berning)

Under Pressure

By Becca Stott

Web staffers put up with long hours and lots of frustration to inform AHS

Looking at the clock in the computer lab, Web staffers begin to sweat feverishly. It's nearly 1 a.m. and tomorrow's deadline is fast approaching. Just when it looks as though things might get done, an important disk is misplaced and there are no pictures for the sports section.

The Web staff certainly had its share of problems in putting together the 12-page paper which was published 10 times during the school year.

"I had the problem of my disk crashing, but luckily our layout was on a different disk," senior Andrew Potter said. "Several times we had to go out and take our own sports photos because the assigned photographer didn't do them. We especially had fun taking the fishing pictures," senior Andy Potter said.

Most staffers experienced similar frustrations sometime during the year.

"It was really frustrating for me because I had to do the senior surveys section for our last issue and over 80 of them were not turned in to me," junior Charli Engelhorn said.

Uncontrollable problems weren't always to blame though. Sometime people on staff could only point the finger at themselves.

"I'm my own problem. I can't get things in on time because during it (Web)

I sit in the library and talk with the girls," senior Scott Litchfield said.

Procrastination like Litchfield's was a problem, especially since staff members had to rely on each other to complete their own sections.

"When people don't turn things in, everything comes to a halt. You have to sit around and wait for other people to get your stuff done," senior Amy Bergan said.

Sharing the computer lab was another obstacle the Web staff encountered during production.

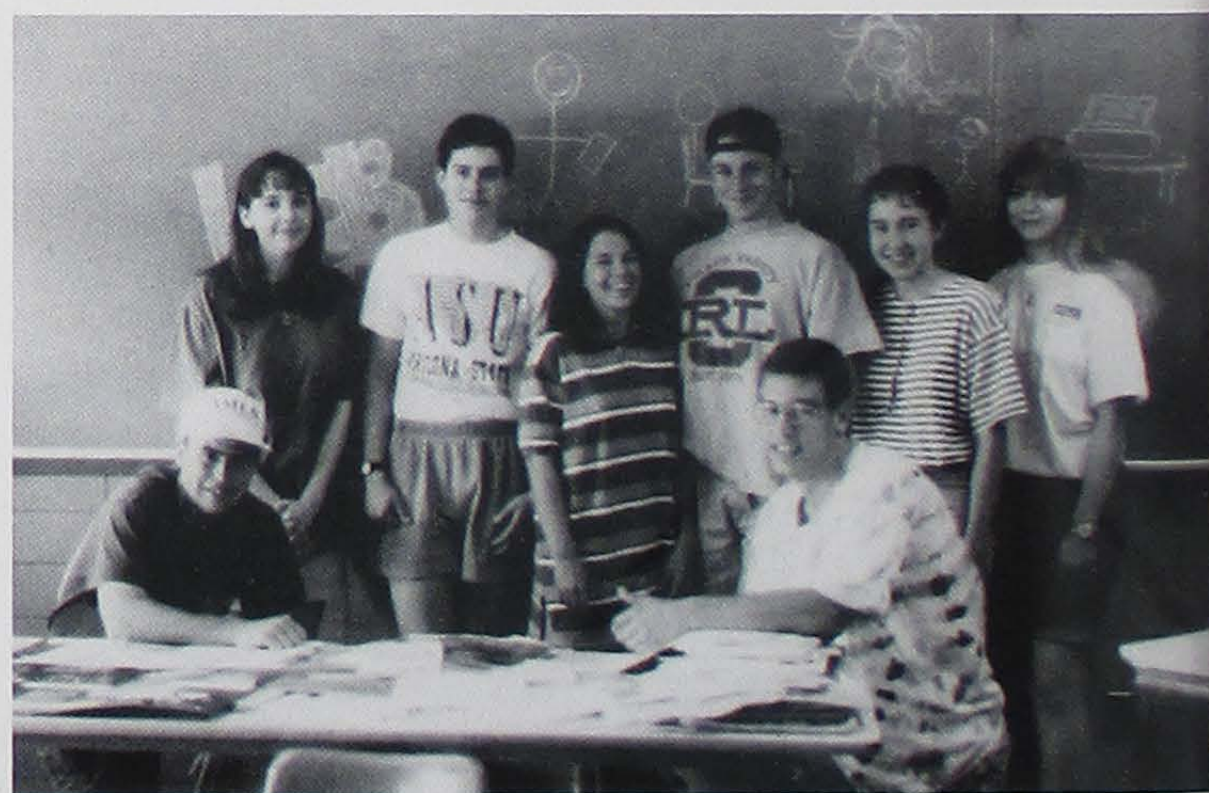
"One time during a deadline, we couldn't get into the computer lab because there was a science class in there. It was frustrating because with homework you can have a late paper but with a deadline it's almost a life or death situation you have to have it done," Bergan said.

Friday morning arrives and students in homeroom skim the finished product, while Web staffers breathe a sigh of relief. The rest of the school probably doesn't know what goes into the paper's production, but those who spend hours to bring it all together know all about the lost disks, incomplete spreads, late stories, non-existent pictures, and most of all, procrastination.

... in the Cards

The Web was a 12-16 page newspaper published approximately every three weeks or 10 times a year.

Executive Editor: Kari Wille;
Managing Editor: Jenni Collins (first semester), Mike Shimkus (second semester); Adviser: Kendi Neff-Parvin



Web Staff. Front Row: Andrew Potter, Scott Litchfield. **Back Row:** Phoebe Silag, Brian Muchinsky, Amy Bergan, Mike Shimkus, Jenni Collins, Kari Wille. **Not Pictured:** Charli Engelhorn.



as it Turns out...



By Kari Wille

Web is stressful, tense, aggravating and a lot of fun. Most people don't understand how I can enjoy a class that often requires staying at school until midnight. However, during those late nights I have gotten to know people that I probably wouldn't have done any more than say "hi" to in the halls.

Our newspaper has an extremely diverse staff. That leads to quite a few arguments, such as column censorship, but it also has provided for in-

teresting discussions and unique story ideas.

Working so closely with people who are radically different in their views and interests has taught me a lot about human nature and contrasting culture that I never knew existed. While the staff occasionally used questionable tactics to educate me, I eventually learned all about Nirvana, *Rolling Stone* and, of course, Pearl Jam.

I also did my best to educate them. The staff now knows more than

they ever wanted to about rodeos, horses and country music groups such as Sawyer Brown.

So at our 25th reunion when someone asks me why I was willing to stay at school past midnight, when often I would walk out and my truck would be the only vehicle parked in the lot, I will remember the nine people who worked on *Web*. While not all of the memories are sugar and spice, I will never forget the laughter, craziness and good times we shared.

Sitting in the office on a Friday morning, sophomore Phoebe Silag and seniors Scott Litchfield and Andrew Potter count out copies of the May issue of the *Web* before homeroom representatives come to pick them up. Potter and Litchfield were sports editors, and Silag was the *Web's* news editor. (Photo by Robyn Berning)



Taking one of their many breaks from working on the yearbook, *Spirit* staffers indulge in some pizza on one of the last days of school. Junior Bree Robbins' mother brought pizza as a surprise treat for the staff. (Photo by Kendi Neff-Parvin)

as it Turns out...



By Leah Mills

The hustle bustle of city-life fills the air as the clicking of cowboy boots hits the pavement. As odd as this combination may sound, the two sounds formed the basis of a *Spirit* staff trip to Washington, D.C., to attend the annual National Scholastic Press Association Conference. Staff members Phoebe Silag, myself, editor Jenni Collins, Web editor Kari Wille, and adviser Kendi Neff-Parvin hauled off on an early Thursday morning for an adventure I'm

sure none of us will forget.

Memorable moments were abundant, some amusing enough to send into America's Funniest Home Videos. Topping the list had to be the Las Vegas-type bets placed upon Kari Wille's homeland. Though a true lowan, Wille surprisingly threw off tourists with her flashy western wear, causing them to think along the lines of the hoe-down states of Kentucky or Tennessee. Kendi's renditions of *Aquarius/Let*

The Sun Shine In in the delicate halls of the Smithsonian Institution will not soon be forgotten. Neither will Phoebe's amazing story of how she was stopped by a record-breaking 10 metal detectors in a single day.

Closing off our excursion was the classic mad dash for the airplane home. Bags on shoulders, shoes in hand, we all miraculously made our planes just in time for instructions on how to inflate our bart bags.

Daily Dilemma

Tanisha Cosby

Spirit staffers' work ethic dominated by food, gossip and crises

Yearbook, Room 202, eighth hour. After sitting in classes all day being bored, it was a real treat. The laid-back atmosphere had a way of inviting staff members back despite the daily drama. Spirit served as more than just an opportunity to publish an award-winning book, it was a.k.a. gossip center, problem solver and party central.

"I enjoy coming to yearbook every day because the staff is like a family rather than co-workers," junior Jenny Ellett said. "We understand each other because we all experience the same stresses during deadline week. Nobody seems to understand me or have any sympathy for me during those times except my fellow yearbook buddies."

Stresses staffers relieved weren't always yearbook-related. Between lay-offs, students often took time out to play psychologist.

"It's fun coming to yearbook every day because we always talk about the school's events and what's going on," senior Becca Stott said. "Instead of 'Coffee Talk', Leah (Mills) and I have our own window talk. We talk about everything while leaning out the window. We get

so excited talking sometimes that I'm surprised we both haven't fallen out the window."

During the bonding process, the way to a staffer's heart was through her stomach.

"We use lots of occasions to eat food but birthdays are the best," junior Bree Robbins said. "I brought a half of a sheet cake for my 17th birthday. It was lots of fun to just sit and share it with my friends. Before I came to this school, no one ever shared with me, so it kind of gives me a sense of belonging somewhere."

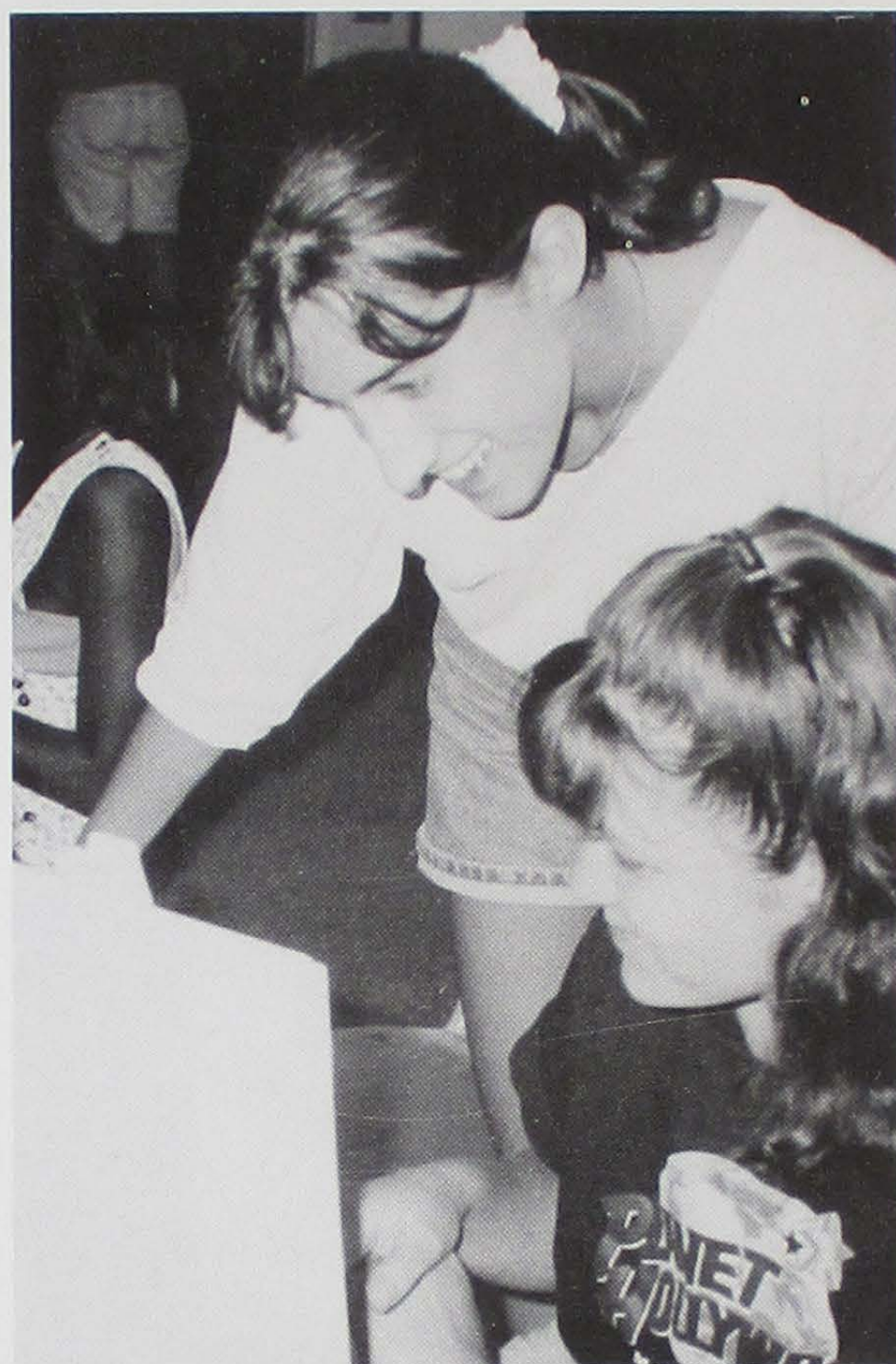
When food didn't satisfy the staff's hunger, the curiosity of gossip always did.

"Though we work extremely hard, (not!) we sometimes get off task. We tend to gossip a lot about things like who is going out with whom, how much Diet Coke Kendi drinks in one day, or which of our teachers might be having an affair," senior Jenni Collins said.

Even though stress came in all sizes, the job eventually got done. Staff members weren't crazy (not yet), just dedicated to publishing a great book and having fun in the process.



As with any publication, ads had to be sold to raise money to pay for the yearbook. Junior Bree Robbins spends one of many hours on the phone, making plans to pick up contracts from possible advertisers. (Photo by Kendi Neff-Parvin)



Spirit Staff. Front Row: Steven Chang, Jenni Collins, Tanisha Cosby, Jenny Ellett, Emily Bourne, Aubrey Robbins. Back Row: Robyn Berning, Alicia Ackerman, Lisa Biggs, Kari Wille, Leah Mills.

... in the ... Cards

Spirit Staff

Executive Editor: Jenni Collins

Design Editor: Steven Chang

Ad Design Editor: Leah Mills

Index Editor: Lisa Biggs

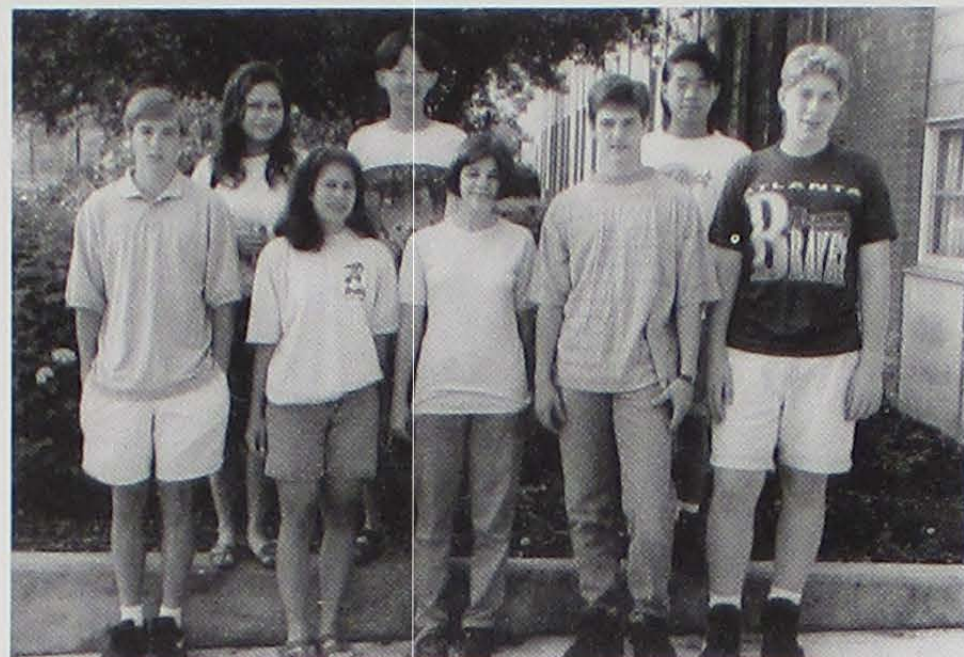
Page Editors: Tanisha Cosby, Aubrey Robbins, Shannon Kenaaly, Susan Hsu, Becca Stott, Jenny Ellett, Emily Bourne

Photographers: Alicia Ackerman, Pam Hove, Robyn Berning, Mindy Cooper, Robin Geiger, Cori Kindred

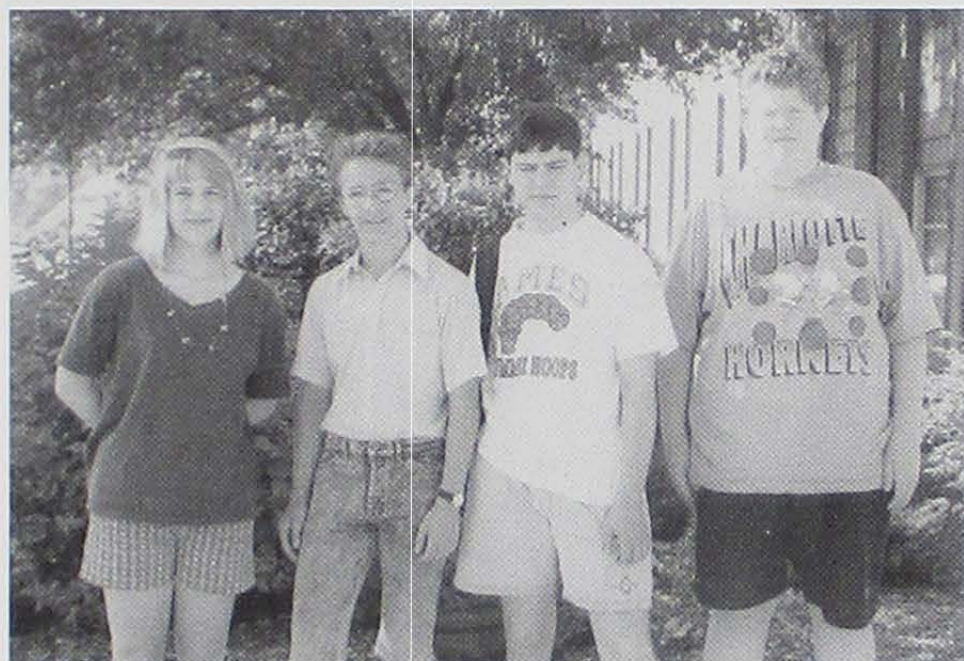
Advisor: Kendi Neff-Parvin

Trying to correct problems with the computer was a situation all yearbook members had to deal with at some point during the year. Juniors Emily Bourne and Lisa Biggs attempt to correct an error on a layout. (Photo by Jenny Ellett)

Between rounds at the state debate tournament, sophomores Naila Meyers and Audra Slocum check their scores. Ames High hosted the competition January 7-8. (Photo by Robyn Berning)



Debate. Front Row: Jason Wray, Naila Meyers, Darci Horton, Kerry Phillips, Eric Roark. **Back Row:** Laura Dunwell, Steven Chang, Elton Wong.



Model UN: Lisa Hinrichsen, John Smetak, Uri Kogan, David Newton.



Mock Trial. Front Row: Meredith Richardson, Sarah Chaplin, Darci Horton, Michael Morain, Emily Dahlgren. **Back Row:** Kathy Craig, Priya Kothari, Jenny Sippel, Rachel Pleasants, Ujjaini Mitra, Emily Meyers, Joe Stansbery, Emily Mize, Dan Bovenmyer, Brandon Miller.

Courtroom Drama

By Jenni Collins

Mock trial students succeed after hours of practice with the Story County Attorney

Students enter a courtroom with three judges. Six students are witnesses either for or against Sandy Shores, a gymnast falsely accused of having AIDS. Four attorneys for the prosecution and four for the defense prepare for their opening statements. These attorneys aren't your run-of-the-mill lawyers though. They are so young and vibrant, one would probably recognize that they're teenagers involved in Mock Trial.

"Our case this year was about false accusations," junior Meredith Richardson said. The premise of the fictitious case was that a college newspaper falsely reported that star gymnast Sandy Shores had AIDS after a reporter stole hospital records indicating she could have mononucleosis or AIDS. Sandy sued the newspaper and college, claiming her career was wrecked and she lost endorsements. "It also got into the rights of a public citizen versus the rights of a private citizen, and whether or not she was a still a private citizen," said Richardson.

The team consisted of two trial teams, each with 10 people. They were assigned the case the week before winter break and had until regionals, the week of spring break, to prepare.

"We really learned a lot about law. We spent hours with the laws that they gave us, as well as laws that we came up with on our own," sophomore Sarah

Chaplin said. "We also spent many practices with Story County Attorney Steve Holmes because we needed help interpreting the laws and understanding them. He also helped out a lot with teaching us what to expect at the trial."

The two teams finished second and third at the regional competition at Marshalltown, and one team went on to the state trial at Drake University.

"You learn a lot about cooperative learning because even though you can do a lot of work individually, it takes everyone to put it together—everyone has to be at practice, everyone has to know what the others are doing," freshman Kathy Craig said. "We practiced by asking each other questions that the other team might ask, as well as preparing answers for the questions that our teammates would ask us. Also we had a lawyer helping us with legal questions."

Students found that the lessons learned in Mock Trial also helped outside the courtroom as well.

"Mock Trial has really helped me with public speaking and poise. It has helped my speech-giving abilities on a whole as well as increased my knowledge of the way our court system works," sophomore Ujjaini Mitra said. "Also, it helped me learn to get along in a group setting where everyone has to put in an equal amount of work."

in the Cards

The debate team, coached by Marvin Scott, won second place-novice division at Dennison.

The Model UN group represented North Korea at the delegate assembly in Cedar Falls in April. Model UN is an activity in diplomatic simulation and role playing.

Kirstin Eddings took over as Mock Trial adviser, replacing Liz Verhoeven and Roger Jacobsen.





Preparing for their first debate at Fort Dodge, adviser Marvin Scott practices technique on a Tuesday evening with sophomores Laura Dunwell and Steven Chang, and junior Jason Wray. (Photo by Kendi Neff-Parvin)

Looking through an encyclopedia, junior Lisa Hinrichsen tries to find information about North Korea, the nation she and other Model U.N. members represented. (Photo by Kendi Neff-Parvin)

as it Turns out... . .



By Andrew Yee

It was a bad experience I'm sure the whole novice debate team will remember for a long time to come.

The team had been practicing debating last fall on a Thursday night. Mr. Scott, our coach, had put Kerry Phillips against another novice debater.

The topic they would be arguing over was whether the public's right to know about candidates seeking public of-

fice is of greater value than those candidates' right to privacy.

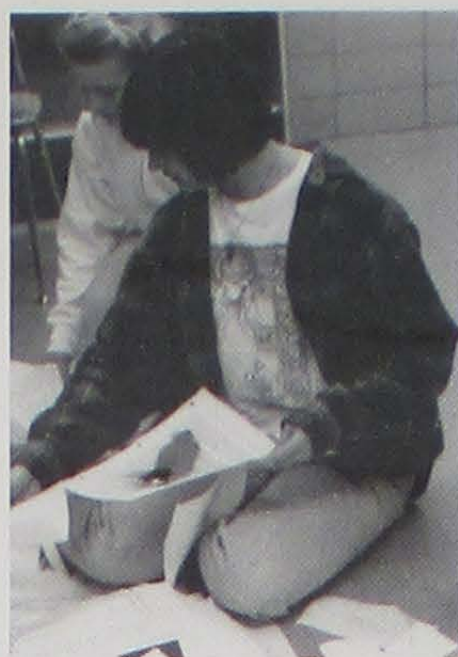
Kerry had an excellent introductory speech to start the debate. His opponent, of course, was the negative. It was his role to convince the judge of the opposite of Kerry's argument. But instead, after Kerry's introduction, his opponent went up to the podium and did everything wrong. His speech supported what

Kerry was saying! In other words, he was proving to the judge the same point Kerry was.

As novice debaters, we had never been in situations similar to this, so Kerry didn't know what to do.

Although it was an unfortunate experience, the teamed learned a lot from it, and we all hope it never, ever happens again. At least it was only a practice.

Sorting the colored, white, and stained paper, sophomore Melanie Westerberg prepares the paper she gathered for the recycling center. 100th Green Butterfly promoted recycling not only in the high school, but also in the middle school and elementary schools. (Photo by Alicia Ackerman)



Save the Planet

By Susan Hsu

100th Green Butterfly works to increase environmental awareness

"The idea of the 100th Green Butterfly is for people to catch on to what we're doing," junior Charles Bibilos said. "There's something called the 100th monkey effect—if you get a bunch of monkeys doing something, after 100 monkeys, it will catch on. Butterflies are known to cause big changes, such as changing the course of a hurricane slightly, if enough of them all beat their wings together. Green, everyone associates with ecology. We threw all these together one day, and came up with the name for our ecology club—the 100th Green Butterfly."

The biggest project of the 100th Green Butterfly, in its second year, was to educate elementary students.

"Every late start morning, we broke into smaller groups and visited one fifth or sixth grade class each at Meeker, Roosevelt and Edwards," junior Becky Chacko said. "We've presented skits and puppet plays and talked to them about topics such as endangered species, water pollution and environmental waste. On our most recent visit, we made posters for Earth Day."

The group also set up different laboratory activities for the students.

"We laid out cards covered with petroleum jelly to collect all the debris in the air; we watered plants with water

mixed with vinegar to show the effects of acid rain; and we asked the kids to try to separate a mixture of mineral oil and water, to illustrate how hard it is to clean up oil spills," freshman Angie Carter said.

Along with these projects, others were continued, such as the white paper recycling program at the high school.

"We did a bunch of fundraisers during Green Week, such as the Battle of the Bands, the Roller disco, and throwing Mr. Achter in jail. From these, we raised \$500 for the Iowa Conservation Corps," senior Solomon Pech said.

Group members also wrote letters to senators and the media dealing with the current bills concerning recycling.

"Right now, centers which recycle only get one cent off the five cents from cans, so they don't make enough to break even. This rate was set in 1980. There's a bill that will try to raise that rate to 1 1/2 cents. Otherwise, many of these recycling centers will close," junior Karen Moon said. "We're also also trying to fight a bill that will repeal the deposit law."

"We're just trying to make a difference at the school and local level," said Moon. "If everyone would pitch in a little, we could really make a big change in the world."



After touring the building, new students and ambassadors line up for pizza in the courtyard. The annual event was held a few days before school started, and not only helped students become familiar with the school, but also helped them meet a new friend. (Photo by Kendi Neff-Parvin)

.... in the Cards

Ambassadors

"Being an Ambassador is important because I want students to feel welcome at Ames High," said sophomore Amalia Smith.

Two students from each homeroom served as Ambassadors. They showed new students around and kept in touch with them through homeroom during their first week at Ames High.





Emptying paper in Room 210, junior Kim Kruger makes the recycling rounds. 100th Green Butterfly members emptied the recycling boxes in each room every Wednesday afternoon. (Photo by Alicia Ackerman)

As a 100th Green Butterfly fund raiser, students paid to take whacks at a totaled automobile in the courtyard on the seniors' last day of classes. (Photo by Jenni Collins)



100th Green Butterfly. Front Row: Kim Kruger, Melissa Poague. Second Row: Sarah Weitzel, Lisa Hinrichsen, Sarah Stevenson, Beth Weitzel, Elaine Serfass, Emily Woline, Derek O'Neill, Emily Olson. Back Row: Ruby Hsu, Debbie Peterson, Matt Healy, Angie Carter, Emily Mize, Rachel Chacko, Eileen Heideman, Aprille Clarke, Solomon Pech, Susan Divine, Edwin Krafsur.



Human Relations Committee. Front Row: Amalia Smith, Shaly Seecharan, Eva Hernandez, Brad Baetz, Polanda Brownlow, Sonia Panigrahy. Back Row: Irran Fernandez, Uri Kogan, advisor Reggie Greenlaw.



Ambassadors. Front Row: Lisa Biggs, Jennifer Schmidt, Kelly Burton, Carrie Christianson, Emily McMullen, Erica Saari, Elizabeth Andre. Second Row: Carrie Shupp, Nicki Paulson, Jackie Zenor, Natalie Carver, Robyn Berning, Rose Bills, Becky Chacko, Brandi Foley, Jessica Keller. Back Row: Elton Wong, Andrew Albaugh, Sara Stevenson, Chris Smith, Alan Hertz, John Hinrichsen.

as it
Turns
out...

PHOTO
NOT
AVAILABLE

By Sonia Panigrahy

The Human Relations Committee is an organization of staff and students concerned about the well-being of individuals involved in the social environment of Ames High School. The purpose of this aggregation is to recognize and correct events and actions of the offensive nature.

Polanda Brownlow inspired the Human Relations Committee to organize a group of Ames High students from various backgrounds to represent the diversity of Ames High

in the homecoming parade. The committee is in charge of the annual Martin Luther King Jr. assembly and will strive to make it an enjoyable and memorable production in the years to come. These name just a few of the accomplishments of the Human Relations Committee.

Any conflicts of sexual harassment, racism, sexism, sexual preference, religion, and other such cases of offensive nature are brought to the committee to be dealt with

responsibly and effectively. Sharing a strong interest in the quality of relationships among those of Ames High School, the members work constructively to combat ignorance, bigotry, and apathy. These concerned people are working together to make Ames High a more safe and enjoyable learning environment for us all, while trying to make it clear and understood that the answer to many of our problems is not tolerance, but acceptance.

Student Council adviser Jane Olson talks over an issue with seniors John Milleman, Duke Knapp and Phil McWaters. Knapp and McWaters were student body co-presidents.



StudentVoices

By Andrew Yee

Senates take active role in planning graduation, prom and Homecoming floats

It's a hard job, but somebody's got to do it. After all, getting up early for a school activity in the morning is not very fun. But, those dedicated senators of Ames High were up to it. Besides, they got breakfast, free.

"I especially liked the doughnuts and everything they had every morning that we came in there. If you're going to get up that early, it feels nice to come into a room full of people and doughnuts and juice," senior David Smalling said.

The Senior Senate did a lot of work on senior-related activities such as sponsorship of the senior picnic. It was also responsible for graduation.

Smalling thought graduation was successful. "We reviewed all the speakers for commencement, and I thought every speaker did a very good job, and I think we did a good job in selecting the best four."

Prom, as is traditional, was the Junior Senate's job. And a successful prom took money.

"We sold sweatshirts, and that was a big fundraiser. It was basically our main one. We got most of our money from that," junior Julie Swanson said.

And although fundraising was not most students' favorite activity, it paid

off.

"It (prom) was good. We had money left over, which was good. A lot of kids came, and the decorations were nice," Swanson said.

Although they didn't have a task as big as prom to pull off, the Sophomore Senate members were active as well. They had bake sales and popcorn sales to buy T-shirts for the Russian exchange students and built a float for the homecoming parade.

"We tried to become a community group. A lot of different groups tried to stay within the school, but we wanted to go out to the community instead," sophomore Leah Mills said. "We did a fundraiser around Thanksgiving where we had local supermarkets donate food, and we took it to Bethesda Lutheran Church and donated it there to needy people."

The Freshman Senate did some fundraising for the benefit of the school, such as selling carnations. They were also involved in the Homecoming parade. There was no freshman ski trip, however, which had been tradition.

Each senate focused its time and effort on benefitting the school and the community, and paved the road for future projects.

During the swimwear competition of the Mr. Irresistible Contest, senior Phil McWaters inquires about senior Lon Freeman's unusual bathing suit. All together, the Student Council raised over \$2,000 during the week that was split between the American Diabetes Association and the Story County AIDS Coalition. (Photo by Pam Hove)

..... in the

Cards

Student Council Co-Presidents: Phil McWaters and Duke Knapp
Senior Class Officers: Roland Anderson/President, Earl Dowling/Vice President
Junior Class Officers: Julie Swanson/President, Barrett Randall/Vice President
Sophomore Class Officers: Chris Hoffman/President, Angie Gabrielson/Vice President
Freshman Class Officers: Anne Barnhart/President, Michael Morain/Vice President





Taking part in the ISU Blood Drive, junior Mark Hatfield donates a pint of blood. To help kick off Welfare Week, the administration excused student blood donors from classes and shuttled them to campus.

Working in a small group during a bi-weekly meeting, Council members discuss fundraising. While Senates dealt mostly with concerns of their respective grades, Student Council did a lot of community service work.

as it Turns out...



By Duke Knapp and
Phil McWaters

We stood before the student body one year ago and promised "Vision, Pride, and Unity." Our vision was to form a system of student government that was more efficient, more structured, and more representative of our student body.

A new constitution would solve our problem. We designed a new format for meeting, a code of ethics, established a secretary and treasurer, kept minutes, recorded attendance, and accepted

applications. These were new positions and procedures that had always been necessary, and always put off. The new system provided for a great year. Our thanks goes out to each member who in unique ways gave ideas, paid attention, served the students, put up with Phil's vocabulary, and listened to Duke's bad jokes.

The pride and unity will come later, long after we are gone. Pride can come from the Student

Government if and only if the students believe in the organization. Students have power, all they have to do is stop spreading it in so many different directions. We must focus and change one thing at a time. We left a system in which to channel this power.

We would especially like to thank Mrs. Olson in this, her last year as Student Council adviser. She has been the soloist that at times carried our orchestra.



Student Council. Front Row: Alienor Gilchrist, John Milleman, Emily Peck, Darci Horton, Amy Bergan. Second Row: Matt Robinson, Betty Pang, Duke Knapp, Phil McWaters, Jenny Olson, Jenny Johnson, Brittany Parks, Becca Jones. Back Row: David Sosnouski, Tom Payne, April Goodwin, Jessica Jones, Charli Engelhorn, Chris Tuttle, Bryce Johnson, Karen Moon, Mark Harms, Andrew Yee.



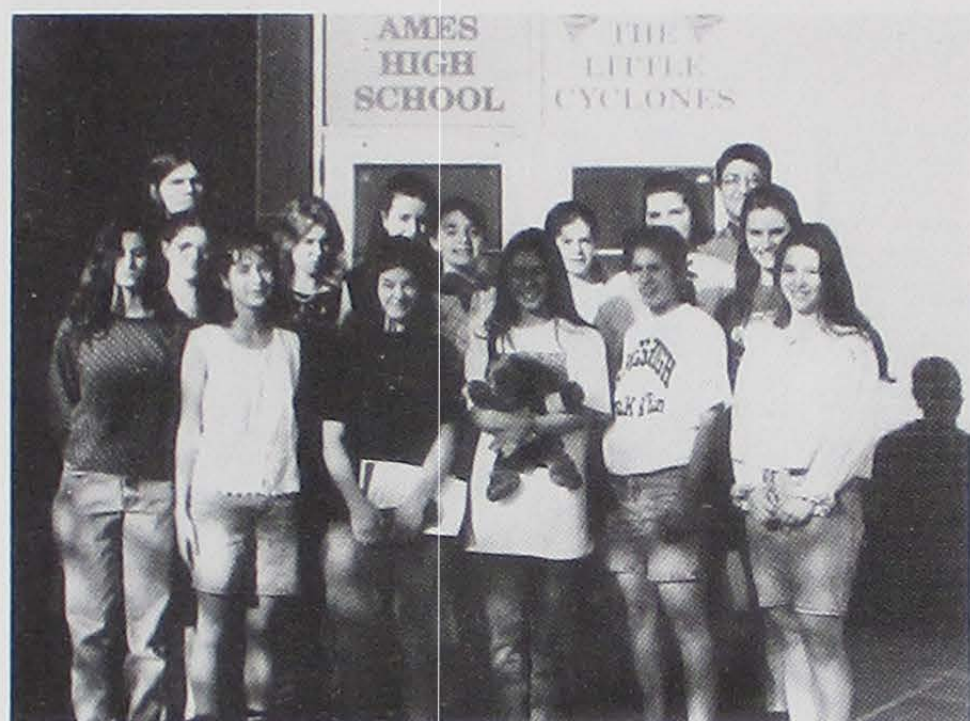
9/10 Senates. Front Row: Matt Nelson, Michael Morain, Meghann Hunt, Anne Barnhart, Alyssa Speck, Abbe Shapiro, Beccy Madsen, Shannon Goldman, Melissa Lehmkuhl. Back Row: Clint Belz, Fola Fadeyi, John Hinrichsen, Steven Chang, Jeremy Bents, Sonia Panigrahy, Amalia Smith, Lynn Summers, Lori Hunger.



11/12 Senates. Front Row: Julie Simonds, Laurel Nakadate, Melissa Kell. Second Row: Susie McGee, Trisha Peterson, Sara Britson, Jenny Bilske, Tanisha Cosby, Barrett Randall, Megan Knutsen, Valissit Heeren. Back Row: Allison Hutchison, Happy McIntosh, Nikki Fisher, Jackie Zenor, Shannon Kenealy, Jenny Ellett, Heidi Herold.



Scratch Pad Board. **Front Row:** Mary Willard, Ellen Kitchell, Jennifer Phillips, Jennifer Peyser, Elaine Wipf, Elaine Serfass, Ruby Hsu, Lizz Welch, Katherine Hodges. **Back Row:** Sarah Hagge, Tom Drewes, Nathan Hutto, Margie Mayfield, Allison Hefley, Lisa Hinrichsen, Tami Shinar, Katie Woods, Amy Poague, Steven Chang, Laura David, Matt Healy, Aprille Clarke, Duke Knapp.



Speech Club. **Front Row:** Jenny Anderson, Mary Willard, Allison Hefley, Ruby Hsu, Naila Meyers, Becca Jones. **Second Row:** Sarah Weitzel, Aprille Clarke, Noelle Padgitt, Lori Hunger, Sara Stevenson. **Back Row:** Solomon Pech, Brooke Harker, Emily Myers, Farhang Raaii.



During Ames High's annual Speech Fest, senior Mary Willard recites a children's story. Speech Fest was a way for students involved in Speech Club to show off their work for an audience instead of a judge. (Photo by Jenni Collins)

Gathered on stage in the auditorium, members of the ensemble acting group perform "Families." The piece was written by Speech Club coordinator Annette Rowley. (Photo by Jenni Collins)

as it Turns out...



By Becca Jones

The sweatiness of my hands was balanced only by the cotton in my throat. I dug my nails into my palm and tried to avoid displaying the nervousness boiling within me as I awaited the judge's nod signaling me to begin.

While most Speech Club members have gone through such a scenario, many people probably do not know what Speech Club is all

about. It is not easy, nor is it always fun. A Speech Club member prepares a piece for several weeks and then has only one chance to perform it before a judge, which makes it rather nerve-racking.

Speech Club, however, is not all hard work. This year, we managed to have our share of good times. We serenaded our bus driver with our rendi-

tion of the perennial favorite: *The Brady Bunch*. We relaxed over pizza after contests. We even indulged in the occasional water fight. Although we sent only one person, junior Katie Woods, to All State, by other standards, we had a very successful year. We learned a lot by sharing work and fun together.

Fill in the Blanks

By Aubrey Robbins

Scratch Pad Board members forced into a First Amendment debate

In our changing society, one thing remains constant. People are always standing up for their rights. The First Amendment guarantees freedom of expression, but many people question where art and literature cross the line. Is it art? Or is it obscene?

Ames High's *Scratch Pad* was forced to ask this question in 1994, when a story containing profanity was submitted to the magazine's board for publication. The question was not whether or not to publish the material though, instead the staff had to decide whether or not to edit out the words.

While no *Scratch Pad* board members advocated censorship, adviser Kirk Haddow was concerned about the effect publication of the profanity would have on the school's image so the debate evolved.

"I think that censorship is wrong. The people should be able to express themselves without worrying that their words will be blanked out," sophomore Sarah Hagge said. "Just because people are offended doesn't mean that others should have to inhibit themselves. People shouldn't have to inhibit themselves just to be accepted by so-

ciety."

Other board members shared the Hagge's opinion. They thought that people should be responsible enough to choose their own words.

"Let me think of a few words that won't be censored first. People have just as much right to read what they wish as others have not to read the same material," senior Tom Drewes said. "It should be left up to the individual to decide what to read."

"I don't think that people should have to answer to others for the way they think," senior Amy Poague said.

The *Scratch Pad* board ultimately decided to print the story as it was written. According to Hagge, board members did not believe that the story needed to be censored. They felt that censorship not only violated First Amendment rights, but also that they liked the story enough to accept responsibility for it should anyone raise questions.

The problem was kept low key. The board didn't want a minor issue to turn into a major disaster, so it was dealt with quietly. Eventually the would-be blanks vanished.



Flipping through the finished product, senior Amy Poague is eager to see her hard work on *Scratch Pad* complete. After many deadlines and long nights, board members were relieved when the literary magazine was finally back from the printers. (Photo by Alicia Ackerman)



...in the Cards

Scratch Pad

Co-editors: Laura David & Lizz Welch

Art editors: Margie Mayfield, Mary Willard, Steven Chang, Kesone Phimmasone

Speech Club

President: Becca Jones; Vice President: Sara Stevenson

Katie Woods earned All-State recognition for her Individual Literary Program performance.

On the first day of distribution, senior Laura David hands senior Jennifer Phillips a *Scratch Pad*. Many students were eager to see their artwork or writings in print, especially board members like Phillips and David. (Photo by Alicia Ackerman)

Usable Knowledge

By Emily Bourn

Bowl teams successful at state and national levels

One of the benefits of competing at the national level was meeting well-known personalities. Junior Farhang Raaii, and seniors Alex Schafroth, Jesse Coats and Evan Serfass talk with U.S. Secretary of Energy Hazel O'Leary. Senior Jeffrey Willson was also part of the group. (Photo courtesy of Kirk Daddow)



Learn, learn, learn. From the second we are born, we begin to learn. Then, we are sent off to school with that bit of parental confidence each morning—"learn something new today." Some students actually listened to their parents in their younger years, and this helped them in later years. They applied their accumulated knowledge to the benefit of the Quiz Bowl team.

"There was a variety of questions in science and technology, as well as grammar and math. I was definitely pleased with our performance, and I liked being involved in it," said senior Phil McWaters.

The team, composed of seniors Alex Schafroth, Jesse Coats, Jeffrey Willson, and Phil McWaters, won the Heartland Central Iowa Championship.

Being a part of an extra-curricular academic activity was a benefit to the students' regular stream of homework.

"Being a part of the team helps out with homework big time," said senior Brian Muchinsky. "Although almost all the time I spent with quiz bowl was out of class, it helped me a lot with A.P. Western Civ. reviews and other home-

work."

Another academic club opportunity was Science Bowl. The Science Bowl team went undefeated in Iowa and traveled to the national competition in Washington D.C., where they made it to the fifth round, placing in the top half of the nation.

"Our team was extremely uniform—each member answered at least 1/5 of the questions," said Willson. "It was a very combined effort, with each person answering very evenly. Most of the knowledge was off the top of our heads from over a period of years."

Although it was tough competition, students effectively applied their knowledge to the competitions.

"It was fun to use my schoolwork for a change," said senior Jesse Coats. "We didn't need to do any extra work, we flat out did it using our general knowledge."

Listening to all those teachers in years past whose efforts at times seemed futile proved beneficial for the Quiz and Science Bowl teams. Students got to put their knowledge to the test, outside the classroom.

In silent thought, seniors Justin Readhead, Jason Petersohn, Ethan Olberding, Karen Moon and Chris Van de Wattering collaborate during the Central Iowa Spanish Competition at Drake University March 8. Barbara Peterson's Spanish students took part in the competition. (Photo courtesy of Barbara Peterson)

in the Cards

Central Iowa Spanish Competition Results

All-school Culture Trivia Competition: AHS—2nd place; Quiz Bowl: 1st place—sophomore Cata Flores, 2nd place—juniors Jenny Bennett, Dan Gardner, Emily Nelson and David Sosnouski; Spelling Bee and Vocabulary: 2nd place—freshman Katrina Kaplan, 3rd place—senior Andrea Olson; Talent Competition: 2nd place—junior Jenny Lathrop—2nd place; Art Competition: 1st place—junior Kelly Burton.





Spanish Competition. Front Row: John Milleman, Earl Dowling, Anand Giri, Ben Magel. Back Row: Chris van de Wetering, Shala Sethi, Judd Bowman, Annagreta Birch, Ethan Olberding, Dan Gardner, Michael Chang, Emily Nelson, Karen Moon, Jason Petersohn, Cata Flores, Jenny Bennett, Lisa Hinrichsen, Mandy Padilla, Kelly Burton, Shannon Jolly, Becky Chacko, Andrea Olson, Jennifer Lathrop, Shaly Seecharran, Katrina Kaplan.



Quiz Bowl. Farhang Raaii, Brian Muchinsky, Chris Smith, Alex Schaforth, Jesse Coats.



Science Bowl. Farhang Raaii, Evan Serfass, Alex Schaforth, Jesse Coats.

science bowl teams arrived in Washington, DC, they were greeted with a party honoring all of the teams competing from across the nation. (Photo courtesy of Kirk Daddow)

waiting more questions at the national competition, science bowl team members Evan Serfass, Jesse Coats, Jeffrey Willson, and Farhang Raaii sit with competitors from Los Angeles. Ames won the round. (Photo courtesy of Kirk Daddow)

as it Turns out...



By Brian Muchinsky

Ask anyone who took part in Quiz Bowl what it meant to them, and the answer will probably be unanimous.

"Getting out of class."

But Quiz Bowl was much more than just getting out of class; it was getting out of a lot of class.

We deserved it though, for the students

that take part in Quiz Bowl have one thing in common: an incomprehensible grasp for innane and unimportant facts. If you want to know the former capital of Zaire, ask Alex (Schaforth). If you want to know the seventh root of pi, see Evan (Serfass).

But the highlight of Quiz Bowl has to be the annual trip to

Johnston for the state competition. I've never seen more nerds crammed into one place in my life. Not that I'm complaining. This author made over \$130 in lunch money alone.

So, all in all, Quiz Bowl is a very rewarding experience which I will remember fondly and cherish. Thank you, Mr. Daddow!



SADD. Front Row: Lisa Biggs, Sarah Chaplin. Back Row: DeDe Jordan-Harris, Eileen Sambos, Henry Chen.



STAND. Front Row: Molly Jarboe, Kim Swyter, Stephanie Brennan, Meghann Hunt. Second Row: Prathyusha Ramisetty, Bhagya Wickrama, Jennifer Rehbein, Meghan O'Neill, Susan Divine, Derek O'Neill, Jenny Schmidt, DeDe Jordan-Harris, Carla Williams, Anand Giri. Back Row: Bittoo Kanwar, Lisa Foote, Emily McMullen, Natalie LeBrecht, Laura Peterson, Stephenie Core, Kelly Burton, Andrea Mundt, Brandi Foley, Kim Burnett.



During a STAND outing at Brookside, seniors Lisa Foote, Emily Barta and Moira Murphy roast marshmallows. (Photo courtesy of Kim Burnett)

Portraying a drunk driver during a simulated car crash dubbed "Operation Prom Night", senior Phil McWaters is questioned by Ames police. Senior Amy Bergan plays the victim in the foreground. The assembly was sponsored by SADD. (Photo by Pam Hove)

as it Turns out... .



By Lisa Biggs

Imagine peacefully walking the three blocks home from your best friend's house on a Friday night after watching your favorite movie. Your house is in sight when you hear a car screech around the corner. You feel yourself plummet through the air, then you come to in a hospital bed two weeks later with the realization that you can't feel your legs. Your life has been drastically altered by a drunk driver.

Several Ames High students tried to prevent situations like this from occurring by being involved in Students Against Driving Drunk (SADD). Even though the SADD group was very small and struggling for support, we strove to achieve the same effects as in previous years. We continued the tradition of handing out flyers for homecoming, having the Grim Reaper assembly before winter break, and putting cards

in tuxedo rentals for prom. We also added a simulated car crash called "Operation Prom Night" a few days before the dance. In this demonstration, high school students portrayed what would happen if a drunk driving accident were to occur on prom night.

In future years we hope to enlarge the organization and continue our efforts to prevent drunk driving accidents through education.

Taking Stand

By Aubrey Robbins

Teens work to educate younger students about dangers of alcohol and drugs

"The Ames High School STAND group exists to decrease the youth use of alcohol and drugs by increasing the self-esteem of students through group support, education, positive leisure activities and prevention in a relaxed, comfortable, confidential atmosphere."

That is the mission statement for STAND, a group that was in its second year at Ames High. In simpler terms, STAND encouraged students not to drink—to turn away from alcohol and drugs. After an application process, members of STAND were trained in a retreat setting to provide prevention education to elementary and middle school students.

"I like educating young people about drugs and alcohol. It makes a difference when you can say, 'Hey look, you don't have to do drugs to be 'cool.' So many kids don't know the ill effect that drugs and alcohol can have on them. That is why I joined STAND—to educate others," said sophomore Stephanie Brennan.

"I feel that talking to the seventh grade was really important because it gives us a chance to tell them that not all school kids do drugs and alcohol, and that they don't have to do them to fit in," said junior Andrea Mundt.

In addition to educating middle school students, STAND members also learn how to deal with others that use drugs and alcohol, whether they are a person in the hall, a family member or a friend.

"I think it is important to teach people about STAND because STAND doesn't only teach people about drugs and alcohol, it teaches people how to cope with people who are close to them that use drugs or drink alcohol," sophomore Meghan O'Neill said.

STAND members had to pledge to remain alcohol and drug free. They could never ride with someone who had been drinking or using drugs. They also had to attend school regularly and be a positive role model, in and out of school. But that certainly didn't mean they didn't have a good time. The group had several chances to kick back through activities like pizza parties and barbecues.

Primarily though, STAND members' goal in '94 was to educate others and set an example.

"I think it is important to teach people about STAND," senior Derek O'Neill said, "because STAND teaches that one doesn't have to use alcohol or drugs to have a good time."



Speaking at the Grim Reaper Assembly, junior Lisa Biggs explains the purpose of Grim Reaper Day. The assembly culminated a two-day awareness project. SADD chose students to be taken by the Grim Reaper. They represented victims of drunk drivers. (Photo by Cori Kindred)



... in the Cards ...

The SADD chapter organized the annual Grim Reaper Day. It also produced Operation Prom Night, an assembly that showed the realities of drinking and driving.

STAND members visited students in the middle school and elementaries to promote their message of drug and alcohol free schools and students.

STAND members fill the Student Services conference room during a meeting before school. Regular attendance was mandatory as STAND members couldn't miss more than one meeting a month. (Photo by Robyn Berning)



Key Club. Front Row: Stacy Strovers, Adviser Leigh Nataro, Ellen Kitchell, Jennifer Peyser. Back Row: Buffy Quintero, Kristy Jones, Karen Moon, Eileen Sambos, Scott Allen, Carrie Shupp.



Odyssey of the Mind. Front Row: Jennifer Schmidt, Michael Morain, Buffy Quintero. Back Row: Bess Lewis, Josh Prins, Steven Chang, Sarah Chaplin.



Chess Club: Jay Wacker, Damon Byg, Dan Johnston, Paul Cockayne.



as it
Turns
out... .



By Kristy Jones

Although there weren't as many Key Clubbers this year, I feel we had a successful year and possibly accomplished more than before. We met every other Tuesday morning in Room 3 at 7:15. You might say, "7:15!?" Well you're right, it's a perfect time for a meeting; everyone is wide-eyed and fresh to start a new day. I loved every minute! I just looked on the bright side—I got a heck of a parking spot!

We woke up with Buffy's "Loud as it can be

in school" music and Mrs. Nataro's "take the left-overs to homeroom with you" donuts. Once we got past the fact that we could be in bed instead, we planned and carried out several events.

We held food drives both with the Kiwanis Club and solely at school. Both food drives were very successful, gathering car loads for the needy. We made several trips to Des Moines to help flood victims rebuild their homes, went to the Northcrest Nursing Home

to visit with the elderly, helped Kiwanis with "Kids Day" by face painting and hand printing, took shifts in helping Kiwanis with Pancake Days (I had the pleasure of pouring orange juice all night long), we planned a picnic, parties, and were involved in many other worthwhile activities.

By being part of this club and an officer, I feel good that I can help not only the school but also the community and have a good time while being appreciated.

Playing a classic party game, freshmen Carrie Shupp and Jennifer Peyser pass an apple at a Key Club meeting. Prompted by donuts and juice, members met Wednesday mornings to plan activities. (Photo Robyn Berning)

Practicing strategy and speed, senior Damon Byg, freshmen David Newton and Dan Slutzki, senior Jesse Coats, sophomore Dan Johnston, and senior Chris Kadolph prepare for their competition. (Photo by Kendi Neff-Parvin)

Check Mate

By Kari Wille

Chess team unable to travel to nationals due to lack of funds

Chess Club is an activity that some feel does not always get the respect it deserves. However, this year they proved they were worthy of recognition.

The Ames High Varsity team, consisting of seniors Damon Byg, Jesse Coats and Jay Wacker, sophomore Dan Johnston and freshman Eric Roark, took second place at the state competition held at Iowa City West. Coats also won an individual award by winning all five of his games.

The B-team, consisting of seniors Brett Speth and Chris Kadolph, junior Kim Kruger and freshmen David Newton and Dan Slutzki placed sixth.

"We thought we had done pretty well at the state group competition, and we were happy with second place, but then we found out that the judge screwed up on Jay Wacker's game," senior Damon Byg said. "He called the game was a draw when it wasn't, then proceeded to tell Jay's opponent how to make it a draw which he shouldn't have done. We would probably have won if it weren't for that judge."

The chess club hoped to attend Nationals in Deerborn, Michigan, but were unable to participate.

"Lack of funds was the main reason that we didn't go to Nationals. We had no school help. Dr. Farrar used to help

with the money, but this year Mr. Achter couldn't seem to find it," said Coats.

In spite of their absence from the national tournament, the club was pleased with their performance.

"Our preparation was probably the key to our success," said adviser Roger Gotschall. "We have practiced throughout the year, twice a week. It is a year-round sport, but we play it as a lifetime sport and we practice like any other sport."

The chess club struggled to be treated as equals among the other sports and activities at Ames High.

"Many people think that it is a game for nerds, but they don't understand that it is a game of strategy and mind control," said Speth.

Members of chess club gained more than a greater understanding of chess, they also achieved a greater understanding of human nature.

"I've gotten to know the way people react more," said Kruger. "Now when I sit down with other people it is like anticipating chess moves. In one situation I would think if I am going to move a certain piece, then they will move their pieces in a particular way. That can be applied to interacting with others. I know if I say something, they might come back with a particular response."



Taking her turn at the concession stand Junior Susan Divine works at the state debate tournament held at Ames High. The concession stand was an annual fundraiser for Key Club. (Photo by Robyn Berning)



Helping to fix a flood-damaged house in Des Moines, junior Karen Moon reaches for some insulation. Key Club members traveled to Des Moines in the fall to aid flood victims through the People First organization. (Photo by Leigh Nataro)



... in the ... Cards

Key Club Officers. President: Buffy Quintero, Vice-President Kristy Jones, Treasurer: Karen Moon, Secretary: Stacy Strovers.

Odyssey of the Mind placed second at the state competition.

Chess Club placed second at the state competition.

In order to live up to the store's motto of "How can I serve you better?", senior Kim Lutz practices her customer service skills at the local Wal Mart. Employed there because of DECA, Lutz was always seen extending a helping hand to customers who shopped at the store. (Photo by Pam Hove)



Making herself useful during a slow period, senior Alicia Heffron prepares a shipment of T-shirts for purchase at Meggie's in North Grand Mall. Heffron received the job through DECA and decided to keep the job throughout the summer. (Picture by Pam Hove)

..... in the Cards

VICA President: Matt Ashburn
VICA State Officer: Shane Buck, secretary

DECA President: Mike Ogbourne
DECA State Officers: Mike Ogbourne, president; Susie McGee, vice-president of communications; Hope Amos, vice-president of special events.

Working It Out

By Tanisha Cosby

Employment, education and excitement taught life's valuable lessons

As the bells marking third and fourth hours sent masses of students begrudgingly towards their next classes, 40 some seniors were pumped and ready for the Distributive Education Club of America. The class, otherwise known as DECA, provided firsthand experience in today's job market.

"DECA taught me a lot about how to interact with people in the everyday world and what it's like to work in a professional situation," senior Aaron Vetter said. "Mr. Abel was an excellent teacher who was able to teach us how to survive in the business world."

A requirement for DECA was that all members have a job and work at least 12 hours a week. Performance on the job, along with classroom activities, determined students' grades.

"Mr. Abel found me a great job at Cook's Emporium downtown," senior Jamie Adair said. "I really enjoy working there, so much so that I will be keeping this job during the sum-

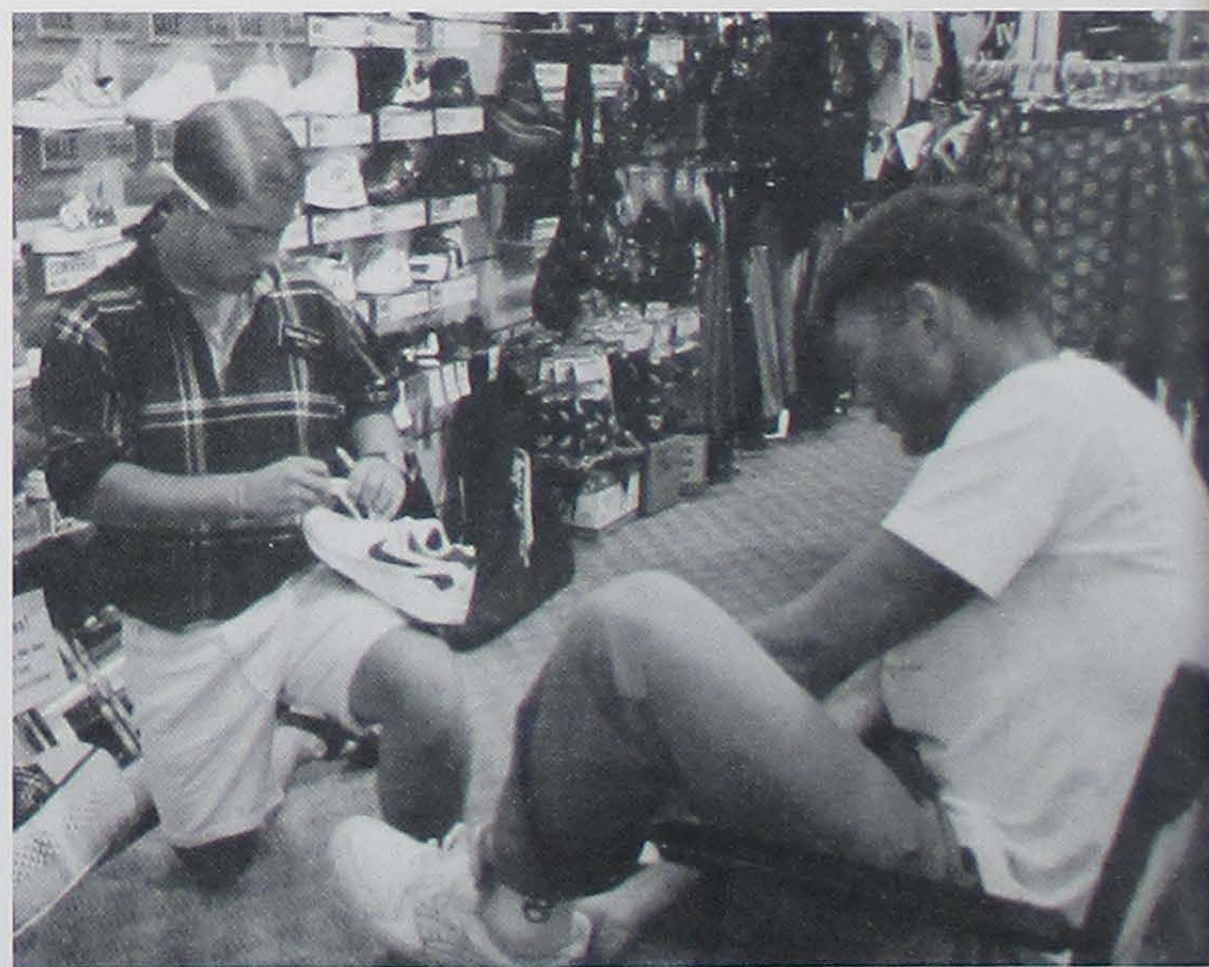
mer."

DECA didn't stop at classroom and work at the job, but also included competitions, traveling, and fun.

"In April, six Ames High DECA members traveled to Detroit for the National DECA Conference," senior Hope Amos said. "The conference was six days and the purpose of the conference was to compete with members of DECA throughout the United States and neighboring countries. Even though we attended this for the competitions, one of the highlights of the trip was when we were able to go to a party with the host Downtown Julie Brown."

Many seniors felt DECA was worth the time and effort, and hoped others would as well.

"I would recommend the addition of DECA to any senior's schedule," senior Mike Peterson said. "It gives you the chance to earn money while you experience real world situations and have fun, all at the same time. We had a fun year in DECA, and that made it all worthwhile."

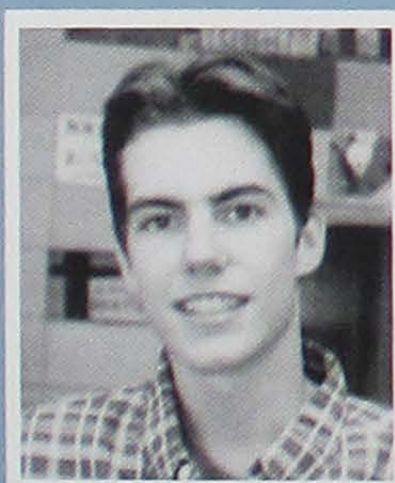




At Emerhoff's downtown, senior Michael Peterson finishes a display in the store front. Working at the store, Peterson fulfilled his DECA work requirement. (Photo by Pam Hove)

While DECA prepared seniors with job experience that could be used later in life, it didn't forget job/school relations. Employed at Sports Live, senior Dave Smith mixed his love for sports with his job at the sports store. (Picture by Pam Hove)

as it Turns out...



By Matt Ashburn

As a junior selecting classes for my final year of high school, I came across something called VICA. VICA, which stands for Vocational Industrial Clubs of America, consists of one class hour and two co-op hours. I thought to myself 'what could be better than receiving three grades for a class, plus being paid?' I was right (there was nothing better) but for the wrong reasons. I soon found that VICA was much

more than I bargained for.

The class, taught by Don Faas, focuses on vocational or "hands-on" trades, whereas DECA is business-oriented. Faas employs his student to think not only because they have to, but because they need to explore all avenues of learning. By exploring I mean to say 'what do I want out of life?' and 'what do I need to do to reach my goals?'

VICA has given me the opportunity to travel and become acquainted with

many people, and also to have employment that allowed my mind to think through my handiwork.

As a class, we worked for the United Way fundraiser, the Sawyer School playground project and went on the annual all-expense paid Kansas City trip.

Whether you choose VICA or DECA to put in your schedule, both are great experiences. But there is one last reason I favor VICA over DECA--no homework!



DECA. Front Row: Cara Peterson, Susie McGee, Hope Amos, Dawn Kikkert, Abby DeHoet, Amy White, Shantel Brower. **Back Row:** Noah Vegge, Jim Polston, Mike Peterson, Aaron Vetter, Becky Hostetter, Alicia Heffron, Carrie Wilhite, Angie Reis.



VICA. Front Row: Clint Thompson, Sean Estes, Chris Jessen, Somphet Thongsouk. **Back Row:** Don Faas, Dan Kamm, Steve Henning, Nathan Makelbust, Tom Kepley, Hank Evans, Matthew Ashburn, Robbie Eich, Tory Reiman.

As fate would have it...

...240 band members traveled to St. Louis for four days on band tour. The band played at clinics in Iowa City and St. Louis, as well as at Six Flags. Students visited the arch, the St. Louis Zoo, the St. Louis Symphony, and the St. Louis Cathedral.

...The drama department put on three successful plays along with senior-directed one acts. The fall musical, *Once Upon a Mattress*, was the first musical in four years; in the winter play, *Bury the Dead*, students experienced serious and powerful drama about WWI; and in the spring play, *The Insect Comedy*, actors personified moths, snails, crickets and other insects.

...Twenty-two students and one alternate were selected to represent Ames High at the All-State music festival from the band, orchestra and chorus.

...Twenty-two choreographers, the largest number ever, choreographed a total of 20 dances for the annual dance show.

Drama, music and dance gave students an opportunity to express themselves in ways they couldn't through sports, other activities or in the classroom. And when they displayed their talent on stage, we could all

thank ^{our} lucky stars

By Jenni Collins



The 1987 Rolling Stones concert at Cyclone Stadium was Ames' first stadium concert. By 1994, ISU had hosted seven other stadium shows, including U2, Pink Floyd, Genesis, Paul McCartney and Farm Aid.

For the 13th year, local dance instructor Robert Thomas directed over 200 performers including many AHS dancers in the holiday classic, *The Nutcracker*.

Topping Billboard's top 40 the week ending May 28 was Tim McGraw's *Not a Moment Too Soon*. The Indigo Girls' *Swamp Ophelia* was #1 in Alternative Music and the top single was *I'll Remember* by Madonna.

In the 1970's, synchronized swimmers teamed up with dancers for an AHS dance show. Minus the swimmers, Ames High's annual dance show *Terpsichore* began in 1976 under Mary Kautzky's direction.

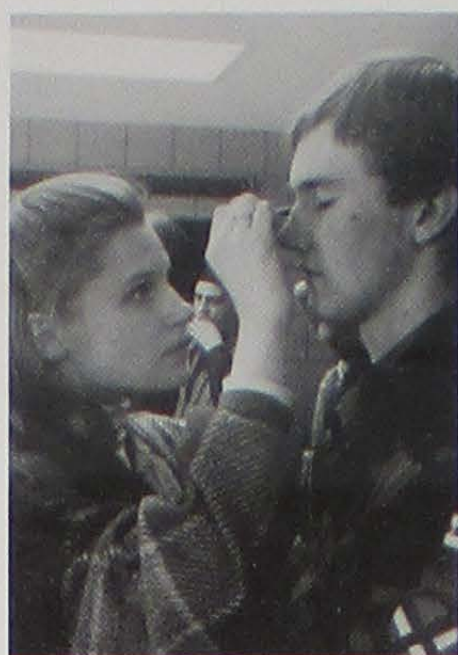




During a performance of the *Insect Comedy*, senior Laura David has a friendly chat with sophomore Elaine Serfass. The play was a parody of human culture which used insects with human characteristics to convey its point. (Photo by Alicia Ackerman)

Filling up a section of the bleachers, the pep band performs during a home basketball game. Musicians had to audition for a spot in the band. (Photo by Robyn Berning)

While preparing before going on stage to perform the winter play, *Bury the Dead*, junior Sara Stevenson helps apply makeup to junior David Good's face. Good portrayed a general in the performance of war-time life. (Photo by Robyn Berning)



Blended Talents

By Emily Bourne

Actors and musicians converge onstage for fall and winter performances

How could a garden vegetable cause so much trouble? This is the lingering question one might have asked after seeing the fall musical, *Once Upon a Mattress*. Upholding the tradition of a musical every four years, Ames High put on a performance about the legendary fairy tale *The Princess and the Pea*.

The musical included an extensive cast of over 60 people, many with supporting roles. This meant students from both the music and drama departments had to focus on working together.

"*Once Upon a Mattress* was a chance for a lot of new people to get involved," said junior Colette Best. "Since there were so many roles, it gave more people the opportunity to work on a play."

Also because of the large cast, students met and worked with a lot of different people.

"The cast worked together well," said freshman Melanie Mickelson. "It was really cool because we weren't judged by grades. The play went over really well with the audiences—there were big laughs and big audiences."

In contrast to the light-hearted musical, the winter play, *Bury the Dead*, was a story of dead soldiers refusing to be buried. It carried a deep message for the audiences.

"The important message of *Bury the Dead* conveyed the barrier between the reality of the battlefield and the petty fears, worries and cares at home," sophomore Matt Healy said.

The actors portrayed their characters by focusing in on a small representation of war amidst a raging battlefield setting. Reactions to the small-scale scene varied.

"The victims made the play personalized through the feelings of each of them. The dead soldiers realized what still needed to be done in the world," senior Brian Parrish said. "This might have been too deep for most people, but they got something out of it if they took a while to think about it. It was better for the older audience."

By presenting two very different shows, a humorous musical and a serious drama, the theater department was able to display its versatility and entertain the varying tastes of its audiences.



Playing the part of the evil queen in *Once Upon A Mattress*, sophomore Brooke Harker begins one of her songs. Senior Derek Shonrock portrays the wizard as he approaches the queen. (Photo by Alicia Ackerman)

Select students were involved with the winter drama, *Bury the Dead*. Junior Seth Taylor takes his turn in dialogue among the various actors portraying the common people in the cities during the war. The dead soldiers had arisen, which sparked the living to rise and speak in the play. (Photo by Laura David)





Interrupting the atmosphere of the castle, senior Scott Allen, as Sir Harry, opens the proclamation that states the princess, senior Laura David, is arriving. Because of the many available roles in *Once Upon A Mattress*, many different students from all grade levels were involved in the production. (Photo by Alicia Ackerman)

as it Turns out...



By Brian Parrish

What is a Thespian? The word Thespian is another name for an actor/actress. The word is derived from an ancient Greek poet, by the name of Thespis, who is believed to have created dramatic acting.

At AHS there is a troupe of Thespians that belong to The International Thespian Society. Membership to the society can be obtained by completing certain requirements.

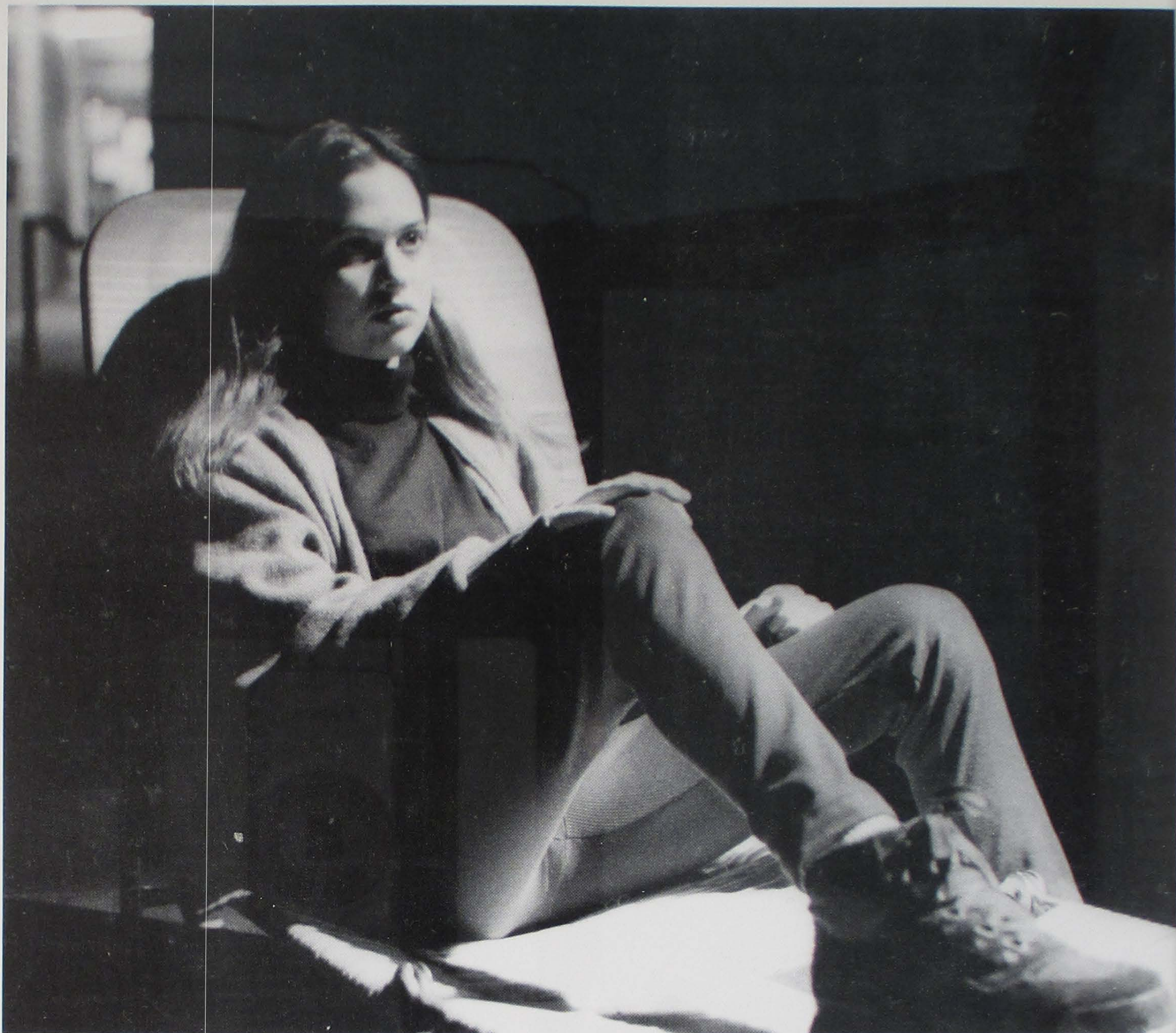
To gain membership into the troupe at AHS, those interested must work at least 100 hours in the theatre department. To complete these 100 hours, work can be done on set crew, props crew, costume crew, make-up crew, tech crew and also by acting in the plays. Once these hours are completed, the troupe looks at a list of people that are eligible to be accepted. Acceptance is

based on the amount of hours and the degree of dedication to the theatre displayed by the individual.

For those of us that are Thespians, there is a certain amount of pride in knowing that, in our own way, we have contributed towards excellence in the theatre.

The Thespian Motto: "Act well your part; there all honor lies."

—Alexander Pope



Performing in senior-directed one acts, senior Elaine Wipf recites her monologue. Wipf was a character in Laurel Nakadate's 'The Lurker,' which was a play about a woman who loved to seduce men until she becomes bait for an admirer turned stalker. (Photo by Alicia Ackerman)

as it Turns out...



By Lizz Welch

Busy brought on a new meaning to this year's senior-directed one acts. With the administration's decision to move one acts after the Spring Play, many of the students felt the heat. Between trying to finish month-old papers, eating and sleeping, many seniors just hoped to graduate. The 15 seniors who directed one acts this year prayed for it.

Feelings, of course, were mixed about the timing of one acts versus the Spring Play. Some actors felt that having one acts last was easier because they didn't

have such large roles to memorize.

"I thought that it was cool because I had this cool little part and I could slack off. I don't mean that. I just mean I had smaller parts to memorize which was helpful with finals," said senior Derek Shonrock.

I think many of the directors would disagree with Derek's comments. Seeing how much time it takes to direct and get the finished product one wants, I think the directors found they had very little free time on their hands.

Casting this year was great. It took us only three hours to decide (which must be a record), and no one died. Most of the directors found it easy to work with people they didn't know previously and their friends. Laura David said, "Well, I cast my boyfriend and we only got into one fight, so that's good."

With one acts done and over, I think I can speak for the other directors and say it was a great experience. If I had the chance to do it over again I definitely would.

Pass the RAID!

Bugs of all shapes and sizes imitate society in spring comedy

By Jenni Collins and Leah Mills

As spring approached, AHS became infested with all sorts of insects—moths, snails, crickets, beetles, ants, chrysalis, butterflies, and more. This was not because the maintenance crew forgot to spray RAID, but because the spring play, *The Insect Comedy* called for them.

"The main character in the play is a vagrant played by (senior) Derek Shonrock. He portrays a bum in the play who gets drunk and falls asleep. He wakes up the size of an insect and keeps meeting insects and finds that they all have human qualities," senior Brian Parrish said. "The ants were militants that represented greed and the quest for power. The two tongue beetles only worry about money. I was an Ichneumon fly. I got to kill other insects to feed my larva. My character loved to kill because it provided great pride. There was a deep struggle rooted in the play."

Actors agreed that part of what made the play terrific was that it was a comedy on the outside, with a message down deep.

"The play was cool, because it was really funny, but it was supposed to make you think about what life really is or was," freshman Clare Dieter said. "It was a comedy, but wrapped up inside it there was a deeper meaning. There was more to it than just slapstick comedy, but

it wasn't so deep or heavy that you got weighed down."

Due to the creative nature of the play, students portrayed characters that they had never even thought of as potential characters before.

"The play was certainly different from the normal, and I thought it was great. I played larvae," sophomore Paige Knutsen said. "Laura David played a beetle, and it was my favorite. Also Derek Shonrock did a great job. Throughout the play he had tons of lines. In my act he had a two-page monologue and he did an excellent job. He did it flawlessly."

Most of the play came off flawlessly despite pre-show problems and worries.

"Brian Parrish's character had a really big nose and it kept falling off during rehearsal. Everyone was worried it might fall off on opening night but it didn't," Dieter said.

Though there were relatively few problems, not everything happened as expected, and actors were left with some vivid memories.

"I played commander of the carpenter ants. One of the ants was supposed to throw me off and when he threw me off, I sort of took some of the set with me," junior Jack Liao said. "That was definitely the most memorable thing that happened for me."



As they carefully maneuver, senior Mary Willard gives directions. Seniors Derek Shonrock and Joe Nevshemal practice carrying what will soon become a dung ball. The play mocked human interaction and the human social structure through insects. (Photo by Alicia Ackerman)



German exchange student Thomas Krautz plays a pompous butterfly in the *Insect Comedy*. Among those swooning over him are freshman Clare Dieter, senior Amy Jo Brown, and freshman Renessa Osterberg. (Photo by Alicia Ackerman)

Behind the scenes before one acts, sophomore Elaine Serfass applies a little stage makeup to junior Nathan Wright. Whether it was an insect or a scary character, actors took advantage of the effects makeup could create onstage. (Photo by Alicia Ackerman)



Using dance to set a romantic mood, seniors Andrea Olson and Derek Shonrock embrace while performing to *Total Eclipse of the Heart* by Bonnie Tyler. The dance conveyed how couples fall in love. (Photo by Alicia Ackerman)



In the Spotlight

By Jenny Ellett

Terpsichore gave dancers a creative outlet

The lights dim, the curtain rises, and all the dancers see are the tiny silhouettes of the audience's heads. They'd spent weeks learning dances and rehearsing and finally, Terpsichore, Ames High's annual dance show, was about to begin.

"It is not just a superficial dance performance. Each choreographer tries to put a special meaning behind their dance, it is a part of themselves. It is not just a bunch of people dancing to music," sophomore Matt Healy said. "Having participated in the performance as a speaker, I feel that more males should get involved in Terpsichore because it is a way of expressing their creativity."

Expressing creativity was just one reward of being part of the show.

"I really enjoyed going to practices. It was a lot of hard work and took a lot of time, but everyone worked together to pull it off," junior Jenny Bilskie said.

The show resulted in rewarding feelings and many new friendships developed after the months of practicing and working together.

"We (the cast) felt like we performed really well. We really became more than dancers, but friends also," sophomore Megan Stegge said.

Before the performance or even rehearsals though, the choreographers were responsible for creating the dances and trying to make them interesting and fun. Their job was sometimes very stressful.

"I was a choreographer last year and it was a lot of hard work. I decided this year just to be a dancer and I wanted to fit more into the relaxing side of it," senior Emily Barta said.

Other choreographers agreed that Terpsichore was a lot of hard work, but in the end, everything seemed to piece together and it was a valuable experience and a lot of fun.

"Usually I thought I was on the ball, but something always seemed to go wrong. My music was taped wrong, my costumes looked similar to somebody else's, and practice was ruined any time someone was gone," junior Pam Olson said. "But by the time of the show, everything went right."

When the show was over and the applause faded, the lights came up, the curtain fell, and the dancers retreated to the dressing room. As Olson said, "Everything went right" and the experience put the dancers in the spotlight.



Introducing a tribal rhythm to the show, senior Jana Skaff leads her dance. Skaff was the only choreographer, out of 21, who was not in the choreographers' class. (Photo by Alicia Ackerman)

Welcoming all species to a picnic included insects in senior Amy Jo Brown's dance. Dancers portrayed insects, like junior Janna Cheney dancing the role of a moth. (Photo by Alicia Ackerman)





as it Turns out...



By Jana Skaff

Terpsichore—A way to express ourselves as dancers. Yeah, sure! To give the choreographers' points of view, some thought of it as one big party, others thought of it as one big hassle, but most of us thought of it as one big learning experience.

Before we plunged into this project, a lot of us figured it would be a piece of cake to choreograph a dance, teach it to people (some of whom we barely knew) and perform it. Much to our surprise, it took extreme amounts of

time to choreograph, extreme patience to teach and extreme confidence to share our creativity with hundreds of people.

I learned two important lessons through Terpsichore. First, to accept and respect another person's sense of style, which is never going to be the same as my own. And second, there are three different kinds of people I'll have to deal with if I decide to venture into the dancing profession: those who catch on quickly, those who are a

little slow, but get it eventually and those who just don't get it. Even though we are all different, we all have one thing in common—a love for dance.

If you were to ask a choreographer what she thought of Terpsichore close to performance time, she would say it's a pain and wonders why she got involved. But if you ask her now, after she has seen or performed her finished product, she would say it was well worth her time. It was definitely worth mine.

Demonstrating that body bags are for the living too, four choreographers collaborated to create S.A.G.A, a bag dance named after them. The dancers filled gumby-like sacks to perform the creative dance. (Photo by Alicia Ackerman)



as it Turns out...



By Joyce Ng

"10...9...8...7...6...5...4...3...2... You're tardy Jack, David ...," Mrs. Polashek would yell as practically the whole orchestra came in late! Every day in orchestra was fun and exciting with Andre strumming his bass at all the "right" moments and Jack and David's "funny" jokes. But, of course, Mrs. Polashek's orchestra jokes always topped them all! How could anyone disagree?

Orchestra practices

gave us a chance to learn hidden talents that weren't (or just couldn't be) expressed in any other class.

For example, we learned Noelle had a hidden "talent" for cymbal crashing. Crashing is simply defined as colliding of two or more objects, which was exactly Noelle's talent.

Then on the annual ornery orchestra outing, we discovered Jeff's hidden talent to sing and jam on the guitar without even

knowing a single note!

My stand partner, Jessica, never failed to hit me in the face with her bow causing us to laugh and lose our place in the music.

But we discovered the true ultimate talents through the trombones. "How long's a half note?"

What topped it all? The fact that Mark's hair looked better when he woke up than it did the night before!

The mixed quartet of juniors Susan Hsu, Joyce Ng, Mert Sermet and Michael Choi play at the Farm House Museum in December. The group also played for weddings and other social events in the community.

Orchestra members read their music as they play at Baccalaureate. For some seniors, playing their last orchestra concert at C.Y. Stephens was a nice way to end their year. (Photo by Pam Hove)

Swingin' Times

By Becca Stott

Orchestra more than just a class for music students

Imagine going to a class every day that's fun. A class where you get to go on interesting trips, the teacher makes it enjoyable, and everyone knows everyone else. For students in orchestra, this scenario was an everyday occurrence.

"Orchestra didn't seem like a class. It was kind of relaxing because I didn't have to think and we were a group just having fun," sophomore Ujjaini Mitra said. "Mrs. Polashek really made the atmosphere lighter and a lot of fun."

Many of the musicians felt that director Mary Kay Polashek was largely responsible for making orchestra so enjoyable.

"Orchestra was a lot of fun because Mrs. Polashek is a nut. She made it a lot of fun and the atmosphere is so different than that of band. Because we all knew each other and had so much fun together we often had all kinds of parties," senior Mark Harms said. "The Ornerly Orchestra Outing to Camp Hantesa was fun because we went skiing and sledding."

Activities outside of the classroom like the annual Ornerly Orchestra Outing helped bring the group together, but so did the friendly atmosphere in class. Since the orchestra was smaller than the

band, students had a better chance to get to know each other.

"It was cool because most of the people were my friends. When we went on outings I knew everyone. We were a close group and we could always be ourselves," junior Joyce Ng said.

For some students, though, the appeal of orchestra wasn't the camaraderie or the fun, it was just a change of pace.

"We got to play interesting music like *Star Wars*. We played songs we wouldn't normally play in band," senior Judd Bowman said.

The music wasn't the only difference. The orchestra got to play in different settings, not just the high school auditorium.

"I was just happy being able to play in a group," senior Amy Poague said. "I thought it was really neat being able to play at Baccalaureate at C.Y. Stephens for my last concert."

It was easy for most students to envision the ideal class, and fortunately some students didn't have to rely on their imaginations. They met every day during fifth period in the orchestra room for fun, friendship and to play some music too.



For an end of the year project, orchestra students worked in pairs or alone on presentations. Freshman Jessica Pohlman made a violin out of chocolate for hers. (Photos courtesy of Mary Kay Polashek)



.....in the..... Cards

All-State Orchestra Qualifiers

Michael Choi - violin
Andre Darlington - bass
Millie Dowling - viola
Susan - violin
Mert Sermet - cello

Practicing before the State Solo and Small Ensemble Contest, sophomores Nicole Torres, Emily Myers and Ujjaini Mitra get in some last minute practicing before it's their turn to go. 140 band and orchestra members participated in the contest. (Photo by Jenni Collins)



as it Turns out...



By Heidi Herold,
with assistance from
Jeff Halliburton

After the referee blows the whistle, and the football players clear the field, the Ames High Marching Band takes the field.

Building upon simple geometric patterns, this 240-member group wowed the fans as they marched to a win (well, at least most of the time). Along with the great colors of orange and black adorning the field, there was the most important aspect of the band: the music. Such favorites as *Jurassic Park*, *Friend Like*

Me (from *Aladdin*) and *Phantom of the Opera* filled the stadium.

To prepare for our shows, the band met a week before school to work on music and marching fundamentals for two hours a day. Along with these extra practices, the band met every day during fifth period, and certain sections such as percussion and twirlers often met before and after school.

As senior percussionist Jeff Haliburton said,

"Marching band is great, not just because of free admission to the football games, but also the friends you meet, the fun you have and the good playing experience it provides."

From a drum major's perspective there is nothing more satisfying than seeing it all fall into place on Friday night. The music and routines, along with the friends and fun really make marching band such an exciting experience.

Concentrating on the music and keeping their rows straight, band members march through the ISU campus during the Veishea parade. The band marched in the annual parade every spring. (Photo by Kendi Neff-Parvin)

One stop during band tour was a performance at Six Flags. Senior Jeff Halliburton, Scott Litchfield, and juniors Dan Wray and David Millen play for the symphonic band. (Photo courtesy of Homer Gartz)

Hittin' the Highway

by Jenny Ellett & Brian Muchinsky

Nearly 200 band members travel to St. Louis to play and perform

Imagine getting to go to Six Flags over the Midwest, the St. Louis Symphony, and the birthplace of one of America's greatest writers, all for only \$125. And all you have to pack is a few clothes and your instrument.

Nearly 200 band students traveled to St. Louis and Hannibal, Missouri, along with a stop at the University of Iowa for a band clinic.

"The band trip was one of the greatest things I experienced as a senior. The feeling of closeness and friendship I shared with other band members on the trip made it one of the most memorable trips I have ever been on," senior John Milleman said. "The only disappointment was that I had to leave early after we played in St. Louis to make it home for a track meet," senior John Milleman said.

Students on the band trip found relaxing at early hours a good way to enjoy the trip to its fullest.

"Tricia Triplett and I were sitting on our hotel balcony at 2:00 in the morning and a security guard saw us and thought we were climbing the walls. So he caught us and told us he didn't want to have to report a splat because it would be bad for PR," junior Lindsay Sargent said.

Other students made use of the hotel between performances.

"The guys and I always hung out in the arcade and played video games most of the night. It was a good break from performing and it was a good time, too. It cured our late night anxiety," sophomore Ross Anderson said.

Overall, most of the students had a good time.

"The band trip was the highlight of my year. I loved playing at Six Flags because it was a great experience. It was also great just hanging out in the hotel with my friends too," freshman Heather Herold said. "It was a time to talk about other things besides band and tuning instruments."

The tour wasn't just about having a good time though.

"Our main goal for the tour is educational," band director Homer Gartz said. "Travelling gave us a chance to expand our knowledge about other parts of the country."

As the band entertained audiences around the midwest and received some personal instruction through clinics, the experiences they gained gave them a chance to appreciate the bargain afforded them as an AHS band member.



A highlight of the hotel the band stayed at on band tour was the volleyball court. During a break in the action, band members wait for someone to return the ball after it went out of bounds. (Photo courtesy of Homer Gartz)



Enjoying the sunshine, sophomores Andrea Hugdahl, Michelle Hunziker and Emily Jahr kill some time between scheduled activities on the band tour. (Photo courtesy of Homer Gartz)



in the Cards

All State Band Qualifiers

Rachel Chacko - flute
Mark Harms - trombone
Heidi Herold - clarinet
Angie McConnell - trumpet
Lindsay Sargent - clarinet

During a concert, members of the Concert Choir follow the guidance of director Steve Linn. The Choral Department presented four concerts during the year along with performing at Commencement and large group contest.



Right On Key

Bey Jenny Ellett

Hours spent in rehearsal equal polished performances on stage

Once onstage, the lights shine in the singers' eyes as they watch the director for their cue. Members of the Ames High choirs were more than used to this scenario—being in the spotlight—and all the work it took to get there.

And it did require lots of rehearsal time to polish their performance.

"Every day in choir we start with warm ups and then sing songs for our upcoming performances. Preparation for the State Large Group Contest takes a lot of time and work," senior Heather McDorman said. "For some rehearsals we end up having to come to school at 7 a.m. to practice, but it all pays off in the end."

The practice did pay off for the musicians involved in the State Solo and Ensemble contest held in Ames in April. Over 140 vocal, band and orchestra students competed in the solo and ensemble contest and earned 65 Division I ratings. But ratings weren't the only reward.

"For large group contest we were

a bit rushed for time because so many entered in solo and small ensemble contest," junior Eric Lehmkuhl said. "It is amazing how much time and devotion some people put into these contests. Even though it is such a long day, everyone usually has fun working together and we end up having a great performance."

Practice wasn't solely responsible for inspired performances though.

"For the CIML music festival in Mason City, we all kind of bonded because it was a long day. By the time we had to perform we were so tired and so hot that we changed so we weren't wearing anything under our robes—no one could tell—it will definitely become a tradition," junior Emily Bourne said. "We performed with more energy than before and everyone loved our performance!"

Hours of practice, camaraderie and a little spontaneity helped choir members entertain their audiences and achieve the results they worked so hard for.



Harmonizing prior to the State Solo and Ensemble Contest, seniors Jason Sturges and Tom Pepper practice their quarter. Seniors Scott Allen and Brian Parrish were also members of the group. Ames hosted the competition for the first time in more than a decade. (Photo by Alicia Ackerman)

in the Cards

All State Choir Qualifiers

Scott Allen • Ben Lewis • Joss Nichols • Brian Parrish • Emily Patrick • Tom Pepper • Jennifer Phillips • Jason Sturges • Sarah Teas • Chris Tuttle • Clint Zeimet • Jackie Zenor



Treble Choir. Front Row: Niki Fisher, Adria Booth, Heather Moyer, Jenny Schmidt, Liza Kelly, Collette Best. Second Row: Heather McDorman, Dawn Schmidt, Shannon Norley, Melanie Mickelson, Chandra Brace, Jessica Ackerman, Cecily Martin. Back Row: Jenny Lathrop, Molly Jarboe, Pam Olson, Julie Janson, Heather Steskal, Khara Burlingame.



as it Turns out...



By Robyn Epstein

If someone walked by the chorus room and wasn't familiar with the daily rituals of each choir, they would probably think we were crazy.

Each day, Mr. Linn leads us through scales and exercises to loosen our vocal chords and prepare our voices. We do three sirens, a "ha-ha-ha" exercise, and a "me, may, ma, mo, moo" warm-up. The may sound funny, but they really do help tremendously. Afterwards, we usually sing on tune and don't go sharp

or flat. Being a soprano, it is very easy to do.

I've been in choir throughout my school career, and the Ames High Choral Program has been by far the most interesting. There are six concerts that everyone is involved in, and there are also many individual opportunities. State solo and ensemble contest, OPUS, and All-State are just a few. All are challenging and give members something to be proud of.

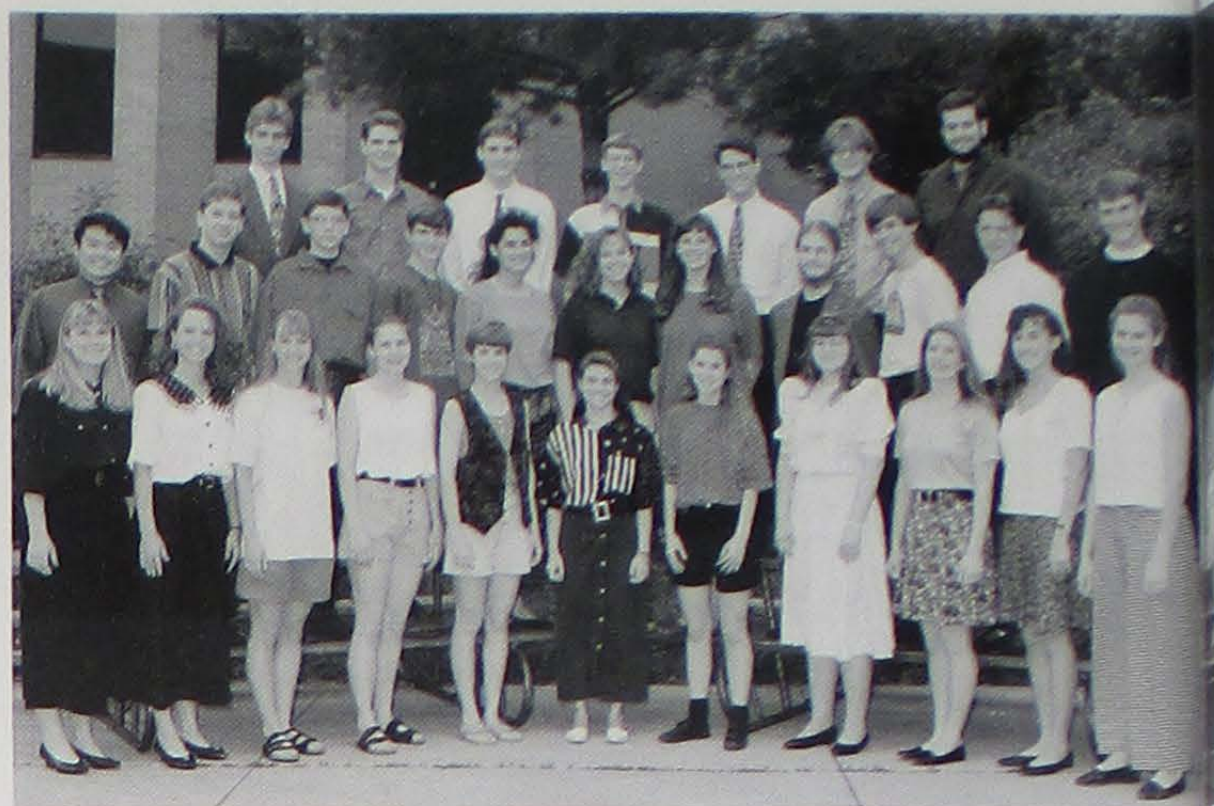
At the beginning of May, Ames High's choir

traveled to WDM Valley for State Large Group Contest. Previously, I had auditioned to be in an all girls' Treble choir. It turned out that everyone who tried out got in. We ended up getting the highest rating possible which made me feel really good. I know that if I hadn't been there, it wouldn't have had an effect on the outcome, but I am still glad that I was involved. Being in Concert Choir has proved fun and educational. It will always stay with me.

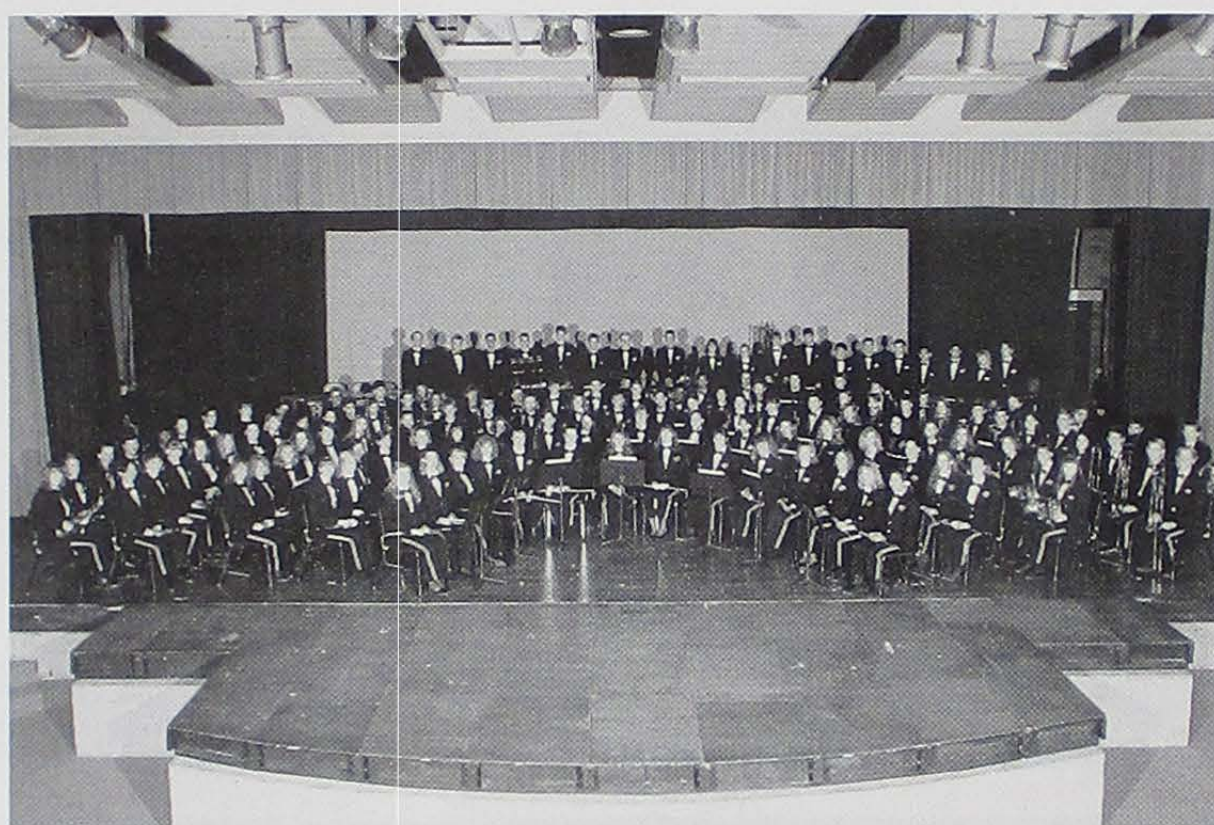
During a dress rehearsal, members of the chamber choir sing selections for the Madrigal Dinner, which was held December 13 and 14 at Bethesda Lutheran Church. (Photo by Cori Kindred)



Concert Chorale. Front Row: Sara Teas, Danelle Pantenburg, Jack Liao, Krisha Huess, Brandi Foley, Emily Patrick, Jana Cheney, Bree Shields, Jennifer Phillips, Angie Gabrielson, Beth Titus, Heidi Herold, Julie Anderson, Marnie Anderson, Shannon Kenealy, Jason Sturges. **Second Row:** Melissa Kell, Joy Troeger, Emily Silet, Emily Bourne, Kelly Day, Priscilla Daniel, Suzy Craig, Mandy Padilla, Meredith Richardson, Kim Swyter, Shannon Jolly, Aprille Clark, Katie Rhodes, Sarah Weitzel, Lindsay Sargent, Debbie Katz. **Third Row:** Ben Spike, Jason Slater, Cori Kindred, Tom Pepper, Shonda Gibb, Sara Stevenson, Dan Wray, Amanda Hetzel, Laura David, Emily Olson, Jessica Hugdahl, Lindsey Rice, Derek Shonrock, Eric Lehmkuhl, Matthew Prins. **Back Row:** Joss Nichols, Amy Henderson, Scott Allen, David Begg, Clint Zeimet, Ed Krafur, Brian Parrish, John Baty, Ben Lewis, Barrett Randall, David Good, Josh Huntington, Andy Johnson.



Chamber Singers. Front Row: Amanda Hetzel, Melissa Kell, Sara Teas, Marnie Anderson, Beth Titus, Jennifer Phillips, Jackie Zenor, Joy Troeger, Julie Anderson, Emily Bourne, Sara Stevenson. **Second Row:** Jack Liao, Matthew Prins, Josh Prins, Tom Pepper, Shonda Gibb, Debbie Katz, Jessica Hugdahl, Jason Sturges, Jacob Hiatt, Joss Nichols, David Good. **Back Row:** John Baty, Clint Zeimet, Scott Allen, Alan Hertz, Chris Tuttle, Ben Lewis, Brian Parrish.



Concert Band. Front Row: Julie Anderson, Robyn Berning, Emily Jahr, Suzy Craig, Jenni Collins, Jackie Lee, Rose Bills, Malissa Donahey, Beth Butin, Jennifer Fliehler, Kirsti Place, Jana Skaff, Emily Patrick, Naila Meyers. **Second Row:** Lindsay Sargent, Heidi Herold, Ruby Hsu, Suzy Dietz, Carrie Skrdla, Becky Chacko, Becca Stott, Adria Nelson, Heather Moyer, Amy Henderson, Andrea Olson, Noelle Padgett, Sara Stevenson, Megan Biggerstaff, Aubrey Robbins, Kathy Marvick, Sarah Chaplin, Abigail Cook. **Third Row:** Tricia Triplett, Angie Gabrielson, Cynthia Gelina, Robin Schinnow, Suzanne Block, Marlana Anderegg, Pam Hove, Dave Evans, Jason Wray, Andrea Hawkins, Lizz Welch, David Sivesind, Alex Schafroth, Katherine Hodges, Melinda Hefley, Shannon Jolly, Chris Klocke, Angie McConnell, Bree Shields, Andrea Hugdahl, J.C. Elbert, Emily Silet, Jessica Hugdahl, Joy Troeger. **Fourth Row:** Steven Chang, Amy Smith, Michelle Hunziker, Sara Stolmeier, Laura Howard, Cassie Clyde, Amy Olson, Darci Horton, Meredith Horton, Mindy Cooper, Shannon Lott, Blair Schilling, Melissa Fatland, Katherine Holger, Joel Dunmire, Evan Jeffrey, Jeremy Bents, Mark Anderson, Joel Emiola, Glenn Pak, Paul Stewart, Ryan Long, Eddie McElvain, Mark Bailey, Symantha Miller, Jason Minion, Cory Seaton, Allison Hefley, John Milleman, Elizabeth Furr, Jesse Coats, Judd Bowman, Mark Harms. **Fifth Row:** Bernadette Hartman, Jason Petersohn, Karen Moon, Caleb Keller, Karyn Jetter, Kristina Hawbaker, Ross Anderson, Nicole Achter, Ryan Bowers, Ted Holland, Chris Van de Wetering, Melissa Sampson, Charles Jester, Nathan Adair, Eric Pavlik, Steve Bailey, Matt Prins, Lon Freeman, Aaron Coats, Scott Paque, Derek Ginder, Jonathan Burns. **Back Row:** Tom Nehls, Homer Gartz, Jeff Halliburton, Peter Shupp, Dave Minion, Dan Ray, Nathan Lewis, Scott Litchfield, Joyce Ng, Chandra Brace, Matt Peterson, Damon Byg, Jack Liao, Nathan Johansen, Chris Strasburg, Adrian Rosenbusch, Peter Fanous, Megan Stegge, Ryan Dodge.



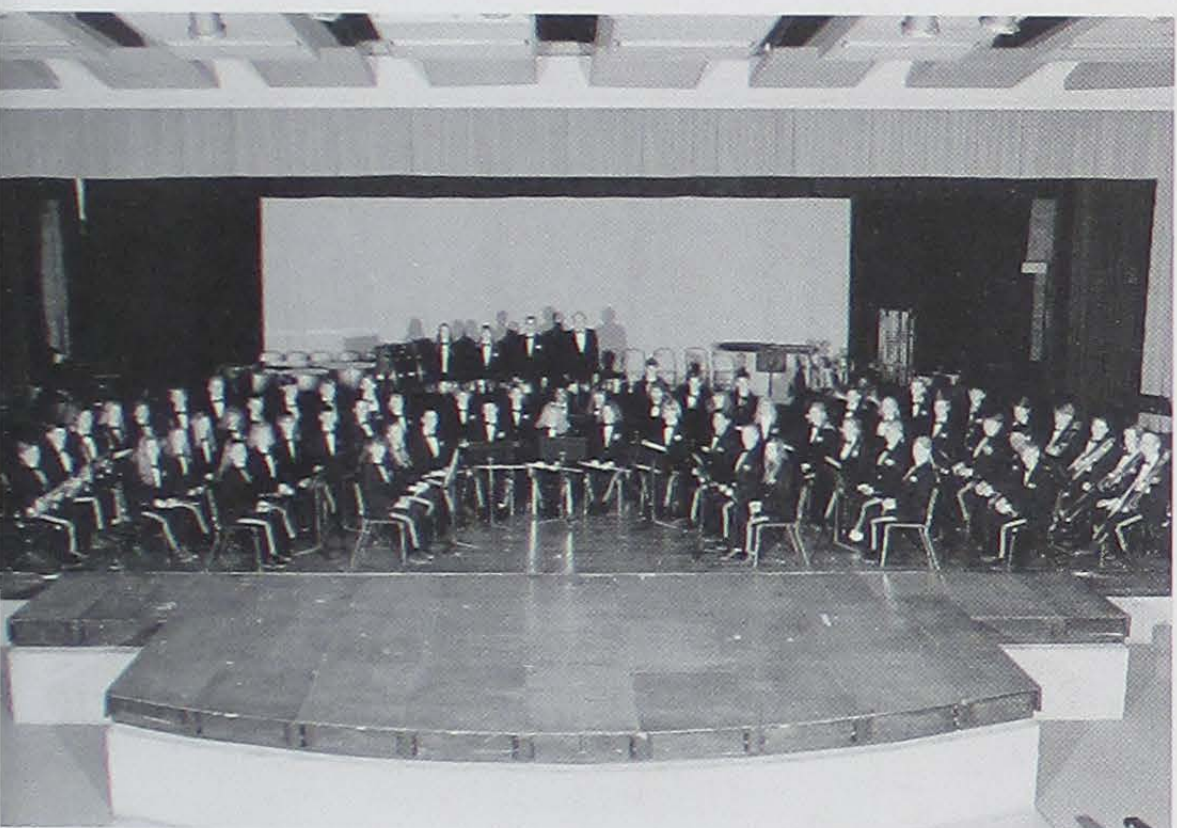
Symphonic Band. Front Row: Julie Anderson, Robyn Berning, Emily Jahr, Suzy Craig, Jenny Collins, Jackie Lee, Rose Bills, Malissa Donahey, Beth Butin, Jennifer Fliehler, Kirsti Place, Jana Skaff, Emily Patrick. **Second Row:** Lindsay Sargent, Heidi Herold, Ruby Hsu, Suzy Dietz, Carrie Skrdla, J.C. Elbert, Emily Silet, Jessica Hugdahl, Joy Troeger, Pam Hove, Emily Olson, Sara Stevenson, Megan Biggerstaff. **Third Row:** Becky Chacko, Becca Stott, Tricia Triplett, Angie Gabrielson, Cynthia Gelina, Robin Schinnow, Amy Henderson, Heather Moyer, Adria Nelson, Elizabeth Furr, John Milleman, Allison Hefley, Jesse Coats, Judd Bowman, Mark Harms, Andrea Hawkins, Lizz Welch, David Sivesind, Alex Schafroth, Katherine Hodges, Mindy Hefley, Shannon Jolly, Chris Klocke, Angie McConnell. **Back Row:** Bernadette Hartman, Jason Petersohn, Karen Moon, Caleb Keller, Ted Holland, Chris Van de Wetering, Dave Evans, Homer Gartz, Jeff Halliburton, Peter Shupp, Dave Millen, Dan Ray, Nathan Lewis, Scott Litchfield, Scott Paque, Derek Ginder, Lon Freeman, Matt Prins, Steve Bailey.



Concert Choir. **Front Row:** Emily Jahr, Naila Meyers, Emily Woline, Meredith Horton, Charity Roberts, Maggie Stout, Heather Moyer, Karen Messenger, Xue Li, Erica Saari, Ujjaini Mitra, Keyea Meyer, Abby Cook. **Second Row:** Sarah Chaplin, Trisha Popelka, Jane Suh, Emily McMullen, Be Shapiro, Sarah Brcka, Jennifer Whalen, Ginny Wilson, Darci Horton, Melissa Goehring. **Third Row:** Lindsey Eischen, Robin Schinnow, John McGee, Leah Mills, Andrea Hugdahl, Lynn Summers, Andrea Hawkins, Carolyn David, Kristina Hawbaker, Robyn Epstein, Khara Burlingame, Amy Smith, Brooke Engeman. **Back Row:** Mellisa Crews, Lori Hunger, Kerry Phillips, Jeremy Bents, Chris Allen, David Cook, Sevon Cole, Jacob Hiett, Tony Rehbein, Ben Spike.



Freshman Choir. **Front Row:** Jeanne Gladon, Naomi Lohr, Kara Zeimet, Carrie Tett, Karen Olson, Ellen Kitchell, Heather Herold, Maria Marin, Hosanna Hanson, Marissa Endreland, Dana Doran, Emily Hawkins, Amy VanSlyke, Rennesa Osterberg, Steffi Drewes, Beth Weitzel. **Second Row:** Zack Rhodes, Kristi McConnell, Stephanie Schubert, Amy Corley, Melanie Mickelson, Carrie Shupp, Melissa Poague, Becky Hunter, Marnie Bigelow, Jallila Faisal, Ben Noland, Christine Goodrich, Leigh Seaton, Kirsten Crase, Nicole Shaul, Sara Siebert, Mindy Powell. **Third Row:** Chris Tomlinson, David Goodfriend, Jill Watson, Mark Scholten, Andrea Stover, Eleanor Jensen, Alyssa Speck, Bess Lewis, Millie Dowling, Melissa Maxwell, Melissa Lehmkuhl, Natarsha Horton, Kathy Craig, Michael Morain, Erica Riedesel, Greg Willard. **Back Row:** Lisa Cronin, Pat Camp, Brian Good, D.J. Burgduff, David Joens, Aaron Sundstrom, Alan Hertz, David Hall, Melissa Leek, Jon Titus, Jon Coy, Chris Tuttle, Travis Huiatt, Josh Prins, Matt Wee, Johnny Crosby.



Freshman Band. **Front Row:** Rachel Chacko, Melanie Mickelson, Leah Dolphi, Anne Barnhart, Heather Herold, Emily Dahlgren, Bess Lewis, Elton Long, Becca Glatz, Ellen Kitchell. **Second Row:** Kirsten Crase, Jill Watson, Angela Carter, Michael Morain, Julie Dickson, Elisabeth Kracher, Kathryn Big, Shannon Goldman, Natarsha Horton, Susan Zeigler, Rachel Pleasants, Aly Dunlay, Megan Stevenson, Karina Nelson, Jennifer Peyser, Amy Hanson, Elizabeth Bovenmyer. **Third Row:** Renessa Osterberg, Angie Adams, Annie Butin, Michelle Boster, Nicholas Bokhoven, Nathan Cook, Ron Schropp, Joseph Stansberry, Matthew Shimkus, Eric Lambi, Jonathan Union, Anthony Hartman, Jilliam Hovatter, Alan Hertz, Jacob Bills, David King, Paul Sibbel. **Fourth Row:** Steven Gartz, Joshua Prins, Jason Lippard, Ben Heideman, Chad Mortensen, Ryan Kelly, John Hinrichsen, Chad Carr, Toby Ross, Michael Chang, Brian Cameron, Andrew Albaugh, Ezra Hallam, Nick Probes, Ryan Haynes. **Back Row:** Cheri Kruger, Debra Peterson, Travis Huiatt, Roger Anderson.



Orchestra. **Front Row:** Julie Anderson, Heidi Herold, Jack Liao, Allison Cooper, Susan Hsu, Priya Kothari, Jessica Pohlman, Cassie Rice, Millie Dowling, Amy Poague, Melissa Fatland, Ujjaini Mitra, Lindsay Sargent. **Second Row:** Mert Sermet, J.C. Elbert, Steven Chang, Shannon Jolly, Joy Troeger, Andrea Hugdahl, Ruby Hsu, Naila Meyers, Petraya Juelfs, Emily Jahr, Angela Ellmaker, Emily Myers, David Kuhl, Ken Okiishi. **Third Row:** Jessica Hugdahl, Andrew Yee, Megan Biggerstaff, Sara Stevenson, Joyce Ng, Michael Choi, Chris Strasburg, Noelle Padgitt, Emily Silet, Robyn Berning, Colin Richardson, Nicole Torres, Angie McConnell, Kathy Craig. **Back Row:** Ben Moehlmann, Jeff Halliburton, Mark Harms, Judd Bowman, Jesse Coats, Chris Klocke, Eric Roark, Derek Ginder, Adina Rollins, Dan Slutzki, Gabe Padilla, David Good, Justin Readhead, Michael Chang, Andre Darlington.

As fate would have it...

...Senior Cassie Dunham volunteered her free time to help flood victims. She recruited many students to join former NFL football player Tim Sickel's group of volunteers, People First. The group rebuilt homes in Des Moines.

...Homecoming coordinators added flair to the week by organizing a Homecoming Olympics which included tug of war, several relays, a sub-eating contest, a class float competition, and pyramid building. The Homecoming committee also resurrected the Homecoming parade which traveled down Main Street, and helped get the community more involved.

...317 seniors walked across the stage at Hilton Coliseum to receive their diplomas on May 27.

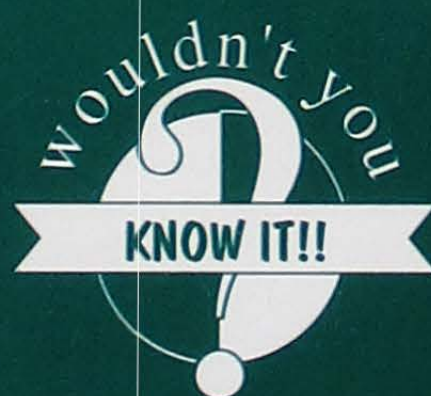
...Eighteen groups of seniors organized senior parties at parks, house and clubs.

...Students found involvement in church organizations helped them spiritually while they journeyed to Denver for World Youth Day, went on Appalachia mission trips, and taught Sunday School.

Busy with jobs, homework, and activities, students still reserved time for dances, senior parties, flood relief efforts, and just fooling around with friends.

nothing left^{to} chance

By Jenni Collins

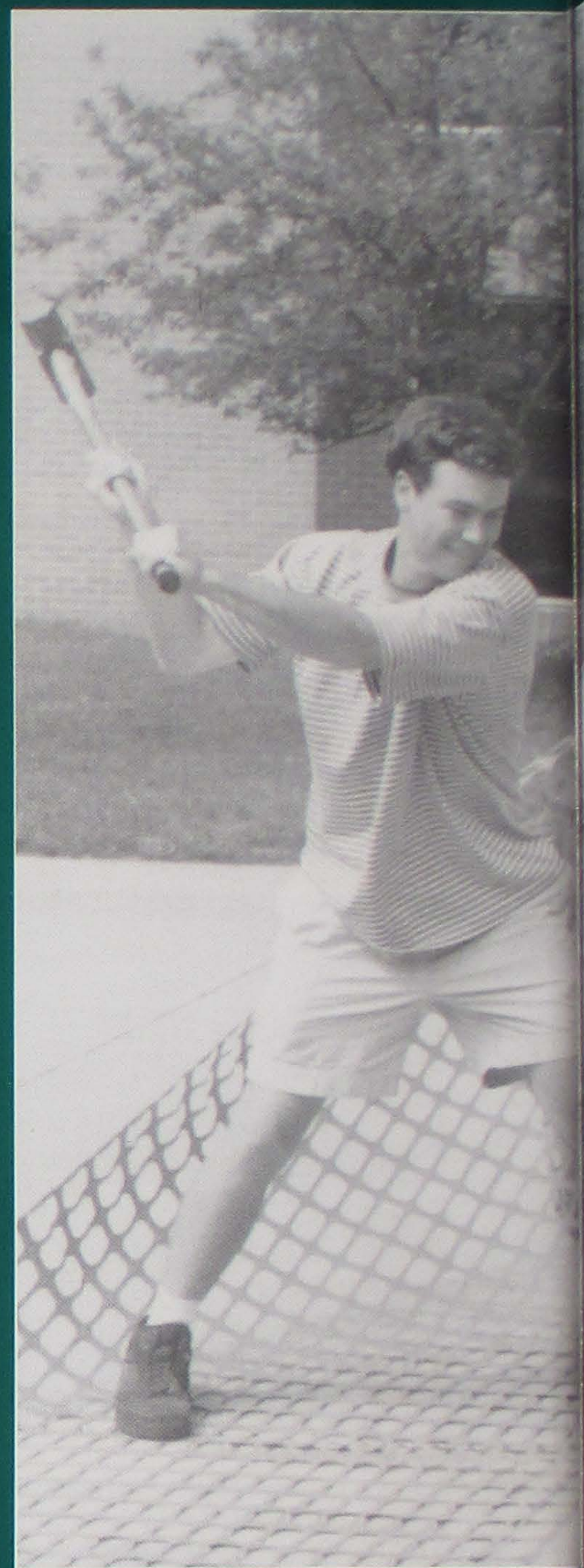


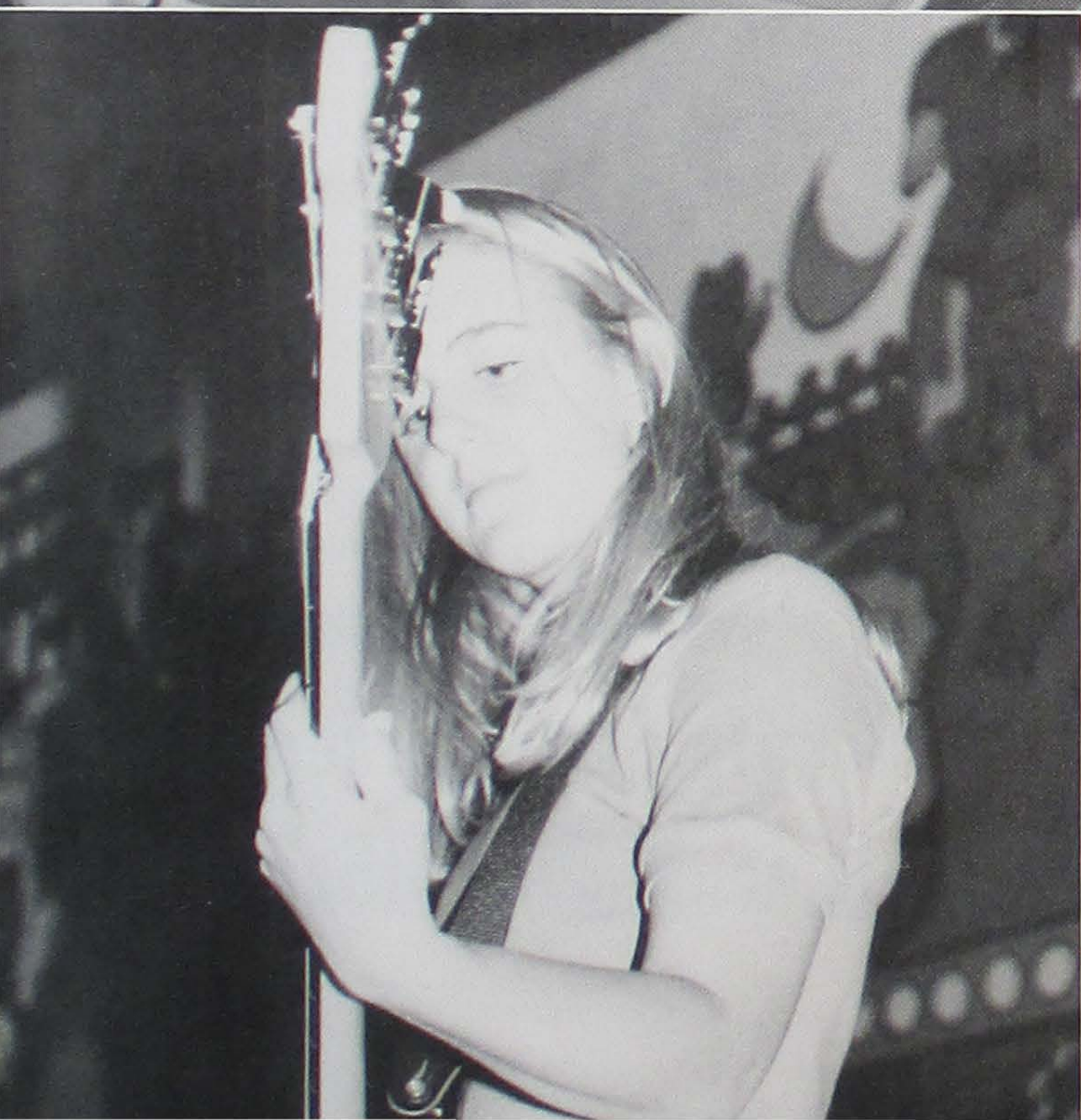
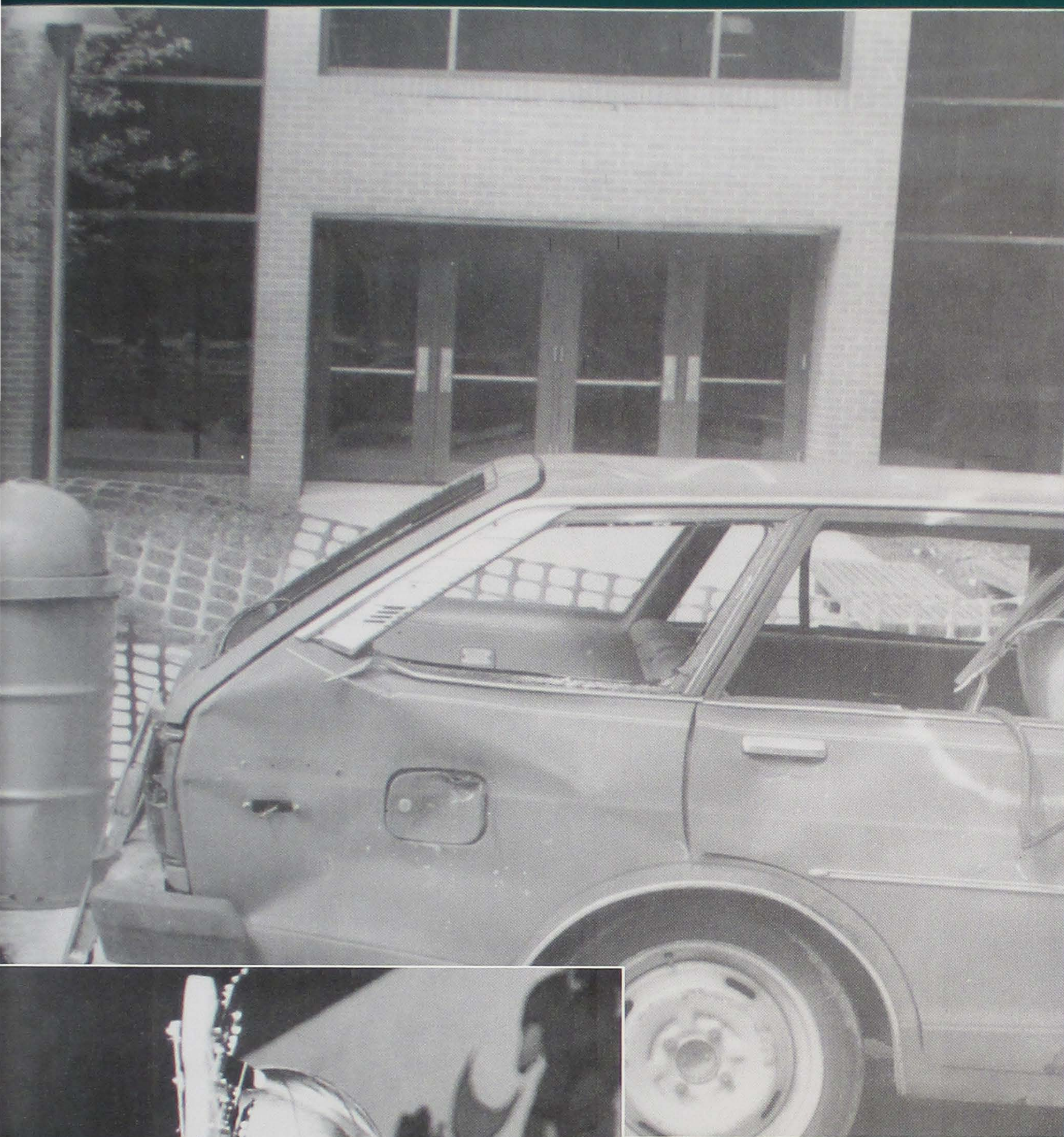
There are 21
pizza parlors
inside the city
limits of Ames.

The average cost
for a 2" square,
one-color tattoo
is \$35.

Birkenstocks,
which could be
found on many
students' feet,
cost \$84.

Compact Discs
from popular
artists ranged
from \$12.99-
\$17.99



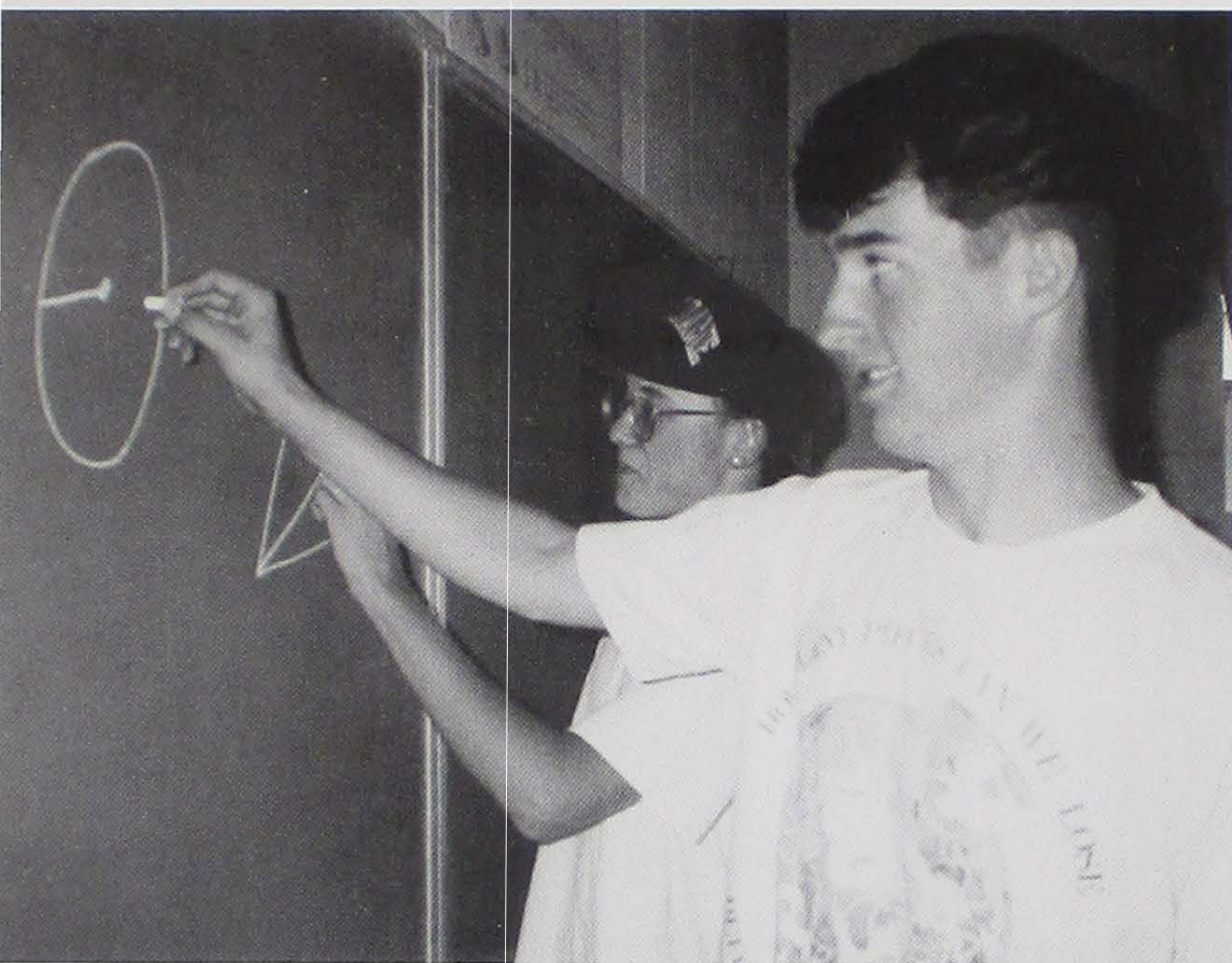


Playing in bands was a way some students filled their free time. Junior Karen Moon plays the guitar with her band at Dugan's Deli. The deli had offered live music for over 20 years until it closed its doors for good January 1. (Photo by Pam Hove)

Venting a little anxiety on his last day as a senior, Andrew Potter swings a sledgehammer at a wrecked car in the courtyard. Although this was a one-day event, the courtyard was a place students could get outside and unwind a little during the school day.

Giving each other a hug on graduation night, juniors Jenny Ellett and Jenny Bilskie think about the memories they share. (Photo courtesy of Jenny Ellett)

Working out a problem on the board during Mr. Johnson's geometry class, juniors Adam Lewis and Adam Wentworth work in the same group. Many students found that having another person with a common name could be confusing in classrooms. (Photo by Jenny Ellett)



Sharing common names, juniors Trisha Peterson, Tricia Triplett, David Sosnouski and David Good discuss a Spanish project for Barbara Peterson's class. In Spanish it was easier to keep them straight because they identified themselves with Spanish names. (Photo by Jenny Ellett)



sticks & stones may break my bones...

Jennifer Anderson, Jenny Chrisinger, Jennie Clark, Jenni Collins, Jennifer Fairchild, Jennifer Fliehler. These are just a few of the Jennifers at Ames High. And though not as popular as Jenny or Jennifer, many students discovered that they shared their name with at least one other person in the school. This proved interesting in class-

rooms and hallways. • "One time in elementary school there were four Scotts in my class. We always sat together and everyone got us confused. I still think people didn't have us straight by the end of the year," senior Scott Litchfield said. • Teachers possibly had the most difficult time keeping students with the same names straight. • "My freshman year in Mr. Scott's class, there was Dave Evans, Dan Gardner, Pete Shupp, and I. We all sat by each other and we kind of all look alike, too. Mr. Scott would always call me Pete, and Pete Dave, and Dave Dan. It was great—he could never keep us straight," junior Dan Nutter said. • Outside school students also discovered they could hardly go anywhere without being encountered by someone with their name. • "There were three Jennys in my dance class last year. Our teacher always mixed us up because we usually hung out together. We also looked alike, so once we all dressed the same for class and she was really confused," freshman Jenny Carter said. • While many of the students with names like Dan, Scott, Brad and Jenny would advise new parents to make up unique names for their children, they accepted the fact that their individuality was probably going to stem from something other than their name.

By Jenny Ellett

Students often forced to share their name with others

Where did you get your uncommon name?



was named after an African Queen who lived about 200 years ago. My parents chose it by its meaning—which is patience.”

—Aminah Beavers, freshman



“I think my parents named me after someone in literature, but my mom had a dog named Phoebe when she was a teenager.”

—Phoebe Silag, sophomore



“My name comes obviously from the Bible, but also because my parents really liked it.”

—Moses Lueth, junior



“My whole name is Oluwatom, it means, ‘Jesus is enough for me.’ When my mom was pregnant she had the chicken pox so I was supposed to be born deformed so my parents prayed and I was born fine.”

—Tomi Fadeyi, senior

While enjoying some free time in the media center, juniors Heather Wright and Heather Steskal relax and talk. They know that having a common name is sometimes what starts a friendship—it is something they have in common. (Photo by Jenny Ellett)



A group of cheerleaders support the football team at the bonfire the night before the game. Although the bonfire started at dusk, many students showed up. The celebration started in the gym with speeches, and ended up in the parking lot around the bonfire. (Photo by Pam Hove)



Homecoming Court.

Front Row: Becca Jones, Susie McGee, Emily Barta, Julie Simonds, Hope Amos, Amy Bergan. Back Row: Roland Anderson, Earl Dowling, Steve Bern, John Milleman, Fred Gilbert, Duke Knapp.



Glancing at the crowd during the Homecoming kick-off parade, juniors Jenny Olson, Sherry Schwarzenbach, Jenny Johnson, Charli Engelhorn, Allison Jones, and senior Laura Kain ride the volleyball float. The parade started at Bandshell Park and went past City Hall, and moved down Main Street back to Bandshell. (Photo by Mindy Cooper)



'under the sea' marked by waves of change

As fans walked up the concrete hill, they glanced toward the Astroturf football field and a section of the 50,000 seats in Cyclone stadium. This was the homecoming game, but ISU wasn't playing...it was Ames High. • Not every high school's football team plays its homecoming game at a university stadium, but this was just one of the many changes made to Homecoming. • The first such change was a Monday night parade centered around the theme "Under the Sea." Each grade and several clubs entered floats, and all of the sports teams participated. • "I liked the parade. I thought it was a good idea because more people in the community could get involved," senior Angie McConnell said. • "Building the float was a lot of fun even though it was hard work," sophomore Amalia Smith said. "We met on a Saturday and worked about six hours. There was definitely a high level of school spirit. We were all excited about building it and even more excited after it was finished." • Another addition was the Class Olympics. Members of each grade competed in events such as pyramid building and the tug-of-war. • "I was in the sack race. It was embarrassing to get up in front of everybody, but I was laughing at myself," sophomore Noelle Padgitt said. • Because poor sod made the Ames High field unsafe, even the football game's location wasn't sacred. For the first time since the 1940's, the game was not played at Ames High. • "It helped us out. We were a smaller team than Valley and it helped our overall team quickness," senior David Smalling said. "When you play on grass, it's more of an advantage to bigger players." • The changes made brought mostly positive reactions. • "Homecoming this year had better activities," junior Karen Moon said. "It also involved lots more people."

By Phoebe Silag

Revamped Homecoming week led to more student involvement

What was the best or worst change made to Homecoming?



"I didn't like having the game at ISU because it was bigger and colder. I left early."

—Jessie Wilhite, freshman



"The parade was a lot of fun. It got the whole school involved, especially the lower-classmen, who are usually left out."

—Jessica Keller, sophomore



"I thought that the rally at the band shell, the parade, and the community support made Homecoming especially great."

—Danny Nutter, junior



"The parade was my favorite, definitely. We always had parades where I used to live, and it was so much fun. It got you into the spirit."

—Angie Davis, senior

Excited members of the sophomore football team pretend to drag their "float" at the parade. The float was actually a Volkswagon Beetle driven by coaches Jim Duea and Dale Tramp. The sophomores won their Homecoming game against Valley, 20-13. (Photo by Mindy Cooper)



Many high school students readily answered the S.O.S sent out by local businesses in July. Sophomore Leah Mills holds a sandbag while junior Misi Emiola helps by shoveling sand behind The Flexsteel Gallery. (Photo by Kendi Neff-Parvin)



When Squaw Creek went out of its banks, many of the city's buildings flooded, including the ISU Rec Center. Much of the athletic equipment and ball courts had to be replaced or rebuilt. (Photo courtesy of Tanisha Cosby)

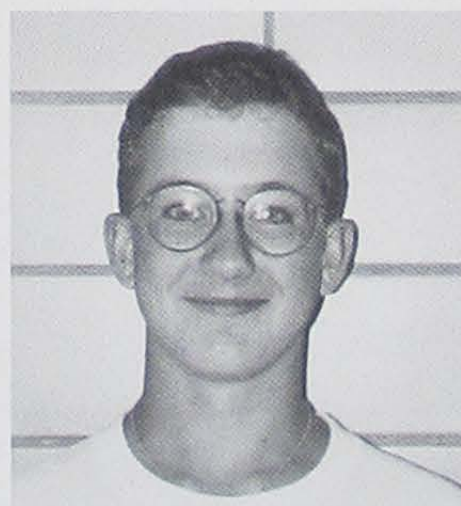


What did you do to help out during the flood?



"I helped clean up the skating rink. I work at the rink and I've been going there since I was in first grade. I also know the owners and they needed help, so I helped them out."

—Melanie Ausborn, freshman



"I went and helped clean mud off the floor at Save U More because the flood had gone right through the store and they needed help cleaning."

—Kyle Frizzel, sophomore



"When the main flood hit, I was by myself and I didn't have access to a vehicle so I couldn't go far so I helped at Kate Mitchell. I only wished I could do more."

—Kim Kruger, junior



"I did some sandbagging behind 20th Century Bowling Alley. We heard they needed help and since we were in the area, we thought it would be fun."

—Jeff Alt, senior





Some of the worst flood damage was in Des Moines. Many organizations helped those in need, including Key Club. Freshman David Goodfriend helps repair water-damaged houses along with other group members. (Photo by Leigh Nataro)

As flood waters rose, dangers such as open man holes forced street closings throughout the city. The Sixth Street underpass, with a 13.5-foot clearance, was about half full of water. (Photo courtesy of Tanisha Cosby)

when. the rain came down

Wars, earthquakes and violence. We've seen it all. And in 1993, many mid-lowans faced hard times when the worst flood of the century hit the midwest. With it came a summer of floods, clean-up and heartbreak. • "I lost my house and everything I owned. I lost a pair of \$100 speakers," freshman B.J. Ridnour said. "You wouldn't believe how fast the water came up! We had flood insurance so we were lucky." • Not only did the floods destroy buildings and homes, but it also posed problems with weekly activities such as grocery shopping and getting gasoline. • "We filled sandbags so that we could help the community and save our resources. When Save U More closed for repairs, a lot of people were trapped outside the city limits because of the flooding. So when we needed food or gas, we had to go to the next city until the waters went down," freshman Heather Risse said. "These floods will effect all of us for the rest of our lives." • Save U More wasn't the only business effected. The floods did a great deal of destruction to many attractions in Ames, including Hilton Coliseum. The floor at Hilton had to be replaced, along with many other parts of the building. • "I had to help clean up Hilton. We waded through water and cleaned up the bathrooms and broke down the ceiling tiles. We also cleaned up the Recreation Center and tore up that floor," sophomore James Otto said. • Flood waters and rain also imposed on people's social lives. • "I couldn't come to Ames as much as I wanted to. There was a big fraternity party that I really wanted to go to. But my mom said no because of the flooding," said freshman Michelle Boster. • It took months for the midwest to pick up the pieces and repair the damage. However, through the heartache and losses we pulled together and showed our strength, when the rain came down.

By Aubrey Robbins

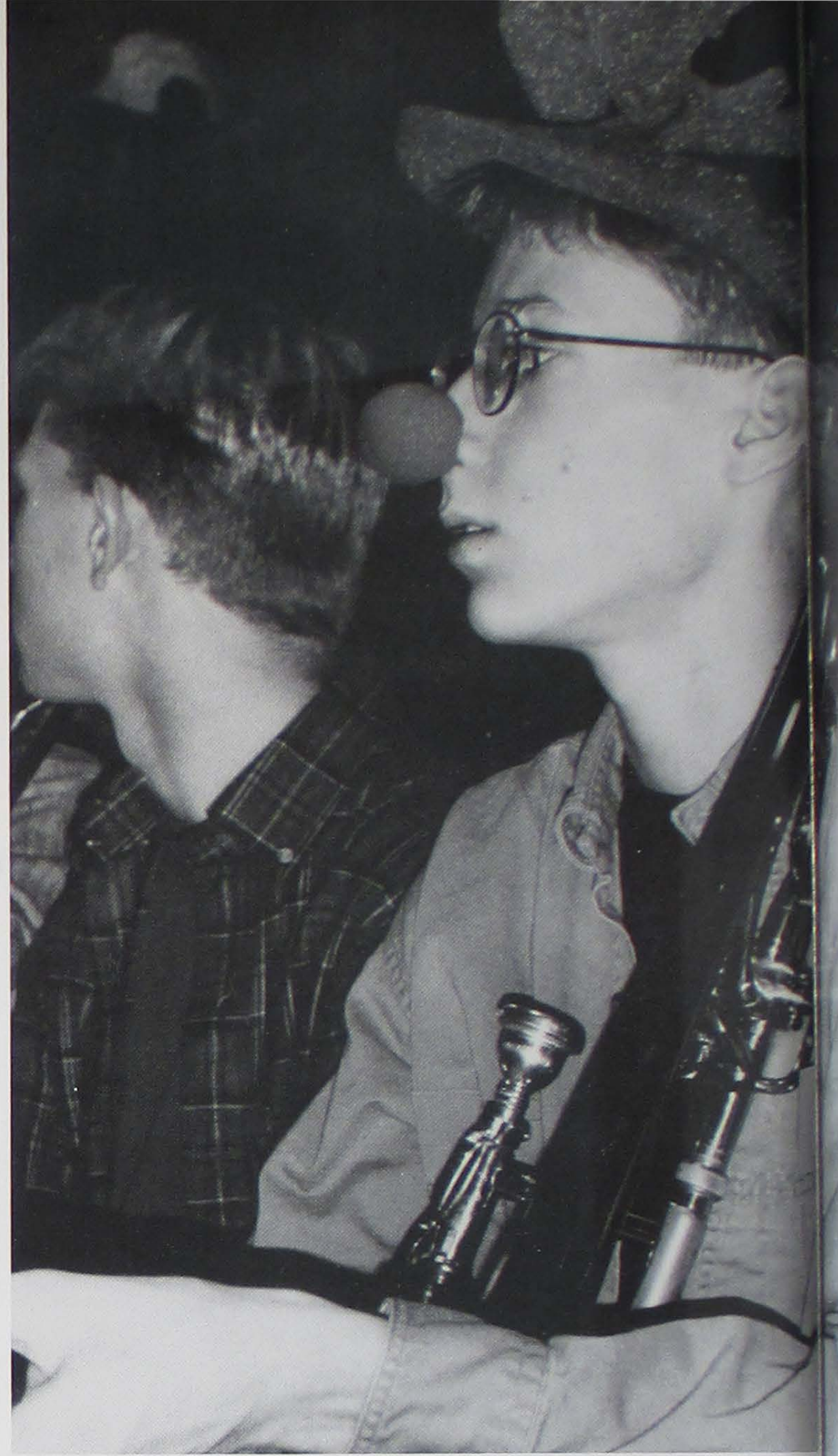
Community pulls together to help flood victims

Student Life • 73

thank God it's Friday

The music in the hallways ends, signaling the start of eighth period. Students wander into classrooms and slip into their seats. The teacher starts class, lecturing on the economic problems of Russia. Students watch, even glare at the clock as time drags. They realize that even the biggest spitballs and their best doodles do not help time pass. Finally, the bell rings and students run into the halls grateful that "It's Fridaaaay!" • Unfortunately, for some students weekends were often filled with work. • "I work at Cheese N' Puppets on some Friday nights. It depends on what I do at work to whether I have fun or not. I usually see what my friends are doing and then I decide whether or not I want to go," sophomore Cass Carson said. • If a job didn't consume those weekend hours, athletic events were another standby. • "I have basketball games to play in on most Friday nights which I prepare for all day long. After the game, I usually go out with the guys on the team to get something to eat, but we are usually too tired or it's too late to go do anything," senior John Milleman said. • Perhaps the luckiest students were those who truly had leisure time. • "My friends and I go to parties at friend's houses or even to movies, but that gets boring sometimes," freshman David Geiger said. "Usually someone suggests something and everyone goes along with it." • "It usually depends on what my friends decide to do. We go to different restaurants, eat different kinds of food, and sometimes watch sappy movies and make snotty commentaries," junior Aprille Clarke said. • Whether their weekend plans involved sharing food and criticism or trying to trounce the opponent, almost every Ames High student could shared that old sentiment, "Thank God it's Friday."

By Becca Stott



Dressing up for "hat night", senior Mark Harms dons a reindeer cap and nose. Being in pep band often eliminated deciding what to do on a Friday night. (Photo by Robyn Berning)

Some students' bosses, like junior Kristy Jones', took care of their weekend plans. With wrench in hand, Jones eyes the front axle of a bike before she begins to work on it as part of her weekend shift at Two Wheel Travel. (Photo by Robyn Berning)

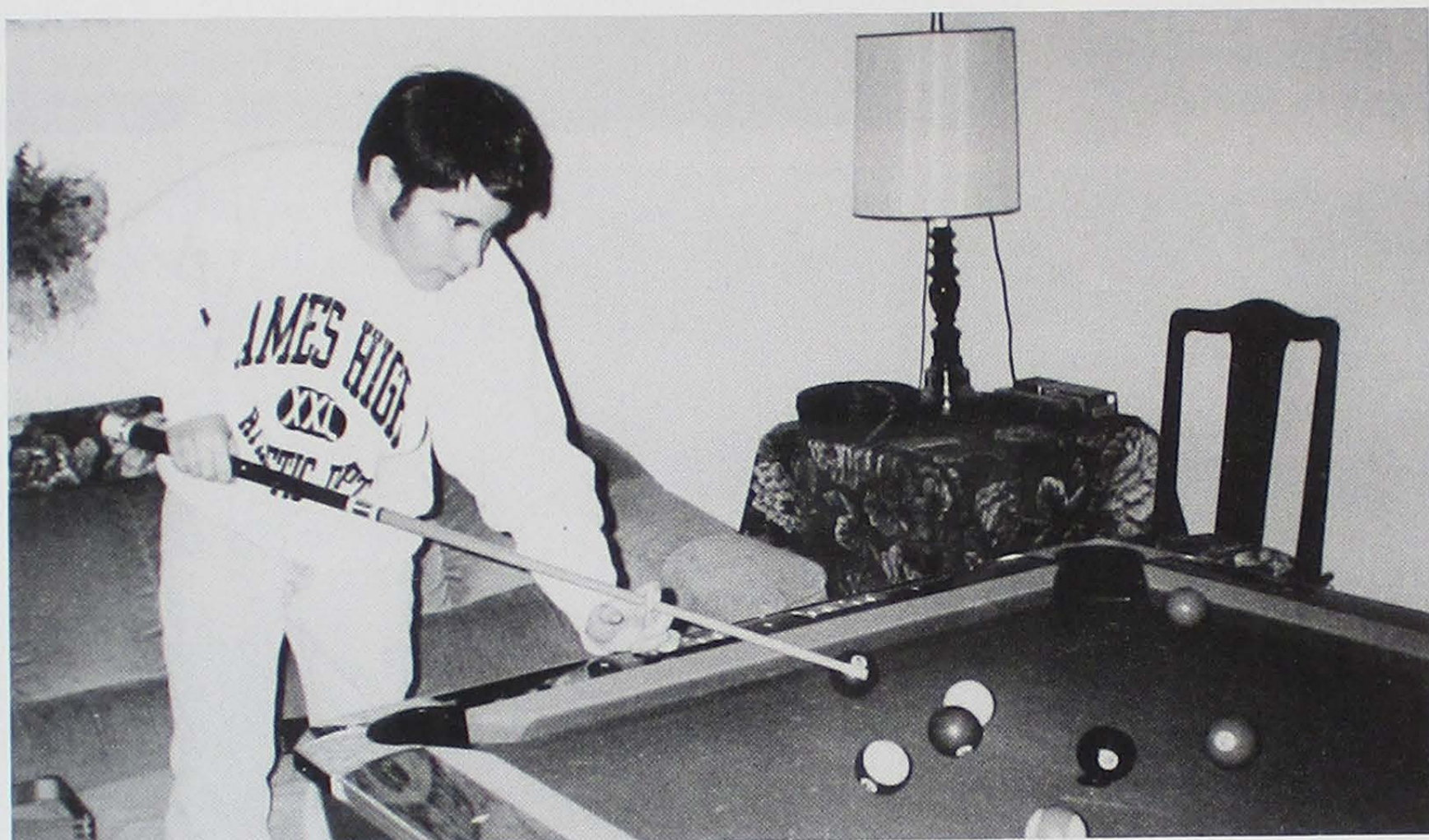


Students anxiously looked forward to the weekends



With sprinkles in hand, juniors Melissa Harris and Jenny Lathrop decorate Christmas cookies at junior Melinda Hefley's house. Baking together was a way to spend time with friends over winter break. (Photo by Robyn Berning)

Scrutinizing his next move, freshman Brian Cameron eyes the ball. He found that concentration often helped when playing pool. Students often played pool at the Union or at home. (Photo by Robyn Berning)



Why do you look forward to the weekends?



"Because we get out of school, I can go out with my friends, and drive around."

—Jennie Clark, freshman



"Because it's a break, and you get to go out and stay out and be with friends."

—Laura Evans, sophomore



"Because I don't have swim practice on Sundays and I can relax."

—Tomas Jensen, junior



"It is fun to lie to myself when I say I will catch up on sleep and do all of my homework."

—Isaac Zimmerman, senior

What is the wildest fashion statement you've ever made?

In the courtyard during lunch, senior Laurel Nakadate chats with senior Amy Jo Brown about her wild shoes. 1994 saw the resurgence of 60's fashions and many students decided to dress in an alternative fashion to express their unique personality. (Photo by Alicia Ackerman)



"My friend and I shaved our heads and got on the bus with hats on. Everyone bugged us about our hats and when we took them off they couldn't believe it."

Brian Good, freshman



"I came to school with my sister's preppy clothes on, a Champion sweatshirt, Guess jeans, K-swiss, matching jewelry and my bangs curled. The look was definitely not me."

Lizza Kindred, sophomore



"I wore long underwear from the 60's with a bitik and a hat to a football game."

Zhaia Wineinger, junior



"I wore my wet suit at the Mr. Irresistible contest as my swimwear."

Lon Freeman, senior



'not as long as you're living under my roof'

Clingy tops, nose rings, Doc Martens that look like they weigh 100 pounds. These could probably be part of a talk show topic called "Students and parents that disagree."

After listening to parents lecture them about what they wore, Ames High students began to discover what the generation gap really was. • "They (my parents) don't seem to understand that I don't want to look just like anybody else," junior Emily McCay said. "I like to wear sequins, glittery, shiny and bright clothes. My parents would prefer it if I didn't look so wild and rebellious, but I don't think I do. Anything anybody else doesn't wear is just what I like." • "I put a clothes pin on my nose and lip and walked around the mall with my hair long and uncombed. My parents want me to cut my hair and be a nice clean-cut man with a job," freshman Michael Shaw said. • Other's opinions of their son or daughter influenced many parents' attitudes toward their children's fashions. • "Every single pair of jeans I wear, unless they're ultra baggy, my mom says they are too tight," junior Lisa Biggs said. "I went to visit my brother in college, and before we left my mom made me change my jeans. According to her, they weren't appropriate. I put up a fight for awhile, but eventually I gave in. I couldn't believe she made me change them." • To get around parental criticism, at least one student turned the tables. • "One time I wore my mom's high heeled sandals and baggy jeans with holes in them. It made me look like a bum, and my parents weren't very happy," sophomore Liz Matney said. • Most Ames High students didn't set out to upset their parents, they just wanted to prove that they were original. And hopefully, the only thing that really clashed was their clothes.

By Jenny Ellett

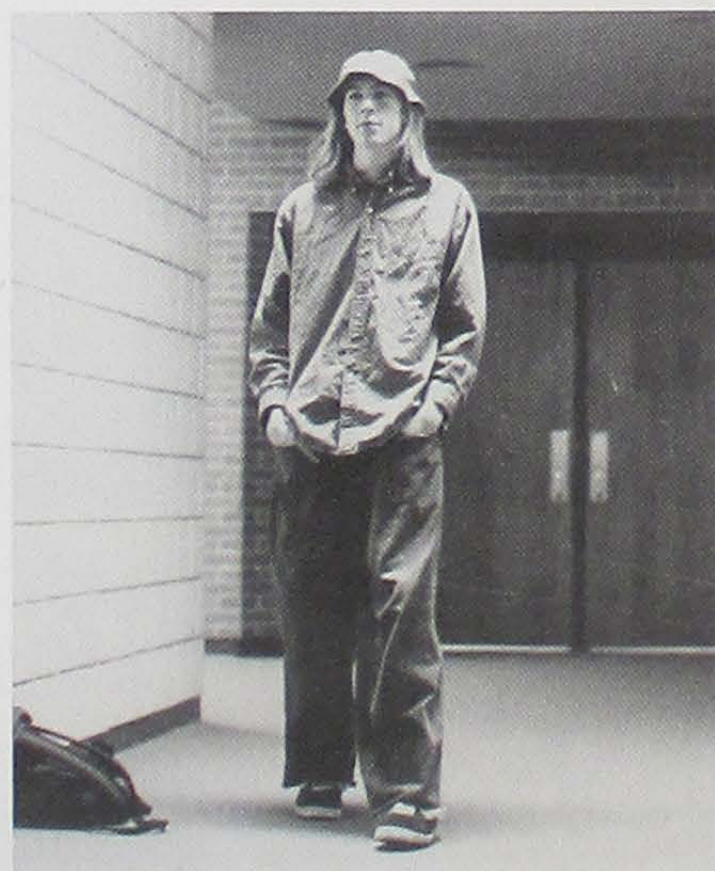
Fashion statements sometimes led to family feuds



In the restroom mirror, sophomore Jessie Schram checks out her pierced naval. She also pierced her nose and ears. Although it wasn't exactly a trend, more and more students pierced different body parts to express themselves. (Photo by Alicia Ackerman)

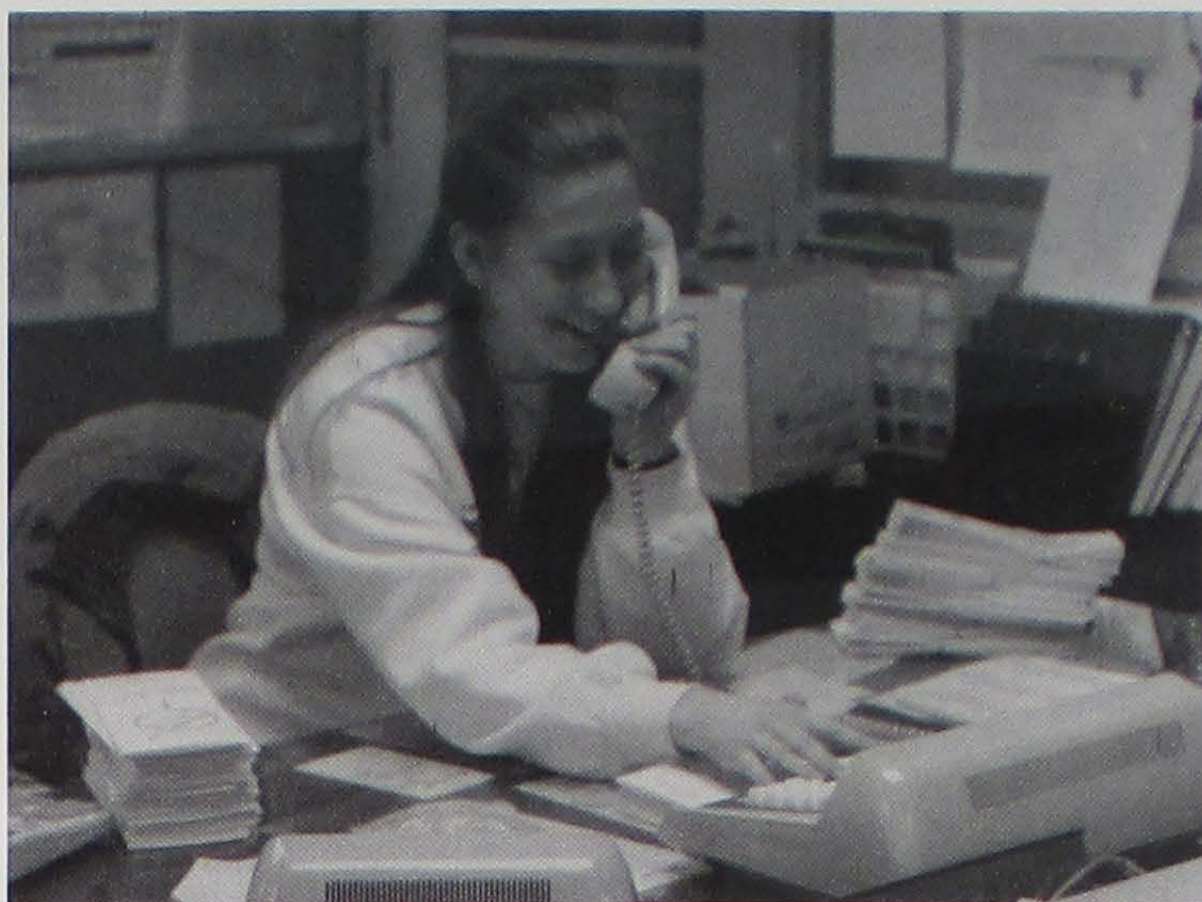


Definitely not representing PETA, junior Katie Woods dons a racoon fur hat while eating lunch in the courtyard. Although many students made a fashion statement by wearing hats, most opted for the baseball variety. (Photo by Alicia Ackerman)



Baggy clothes were common attire for senior Scott Christy. Besides comfort, the trend was a popular skater look. (Photo by Alicia Ackerman)

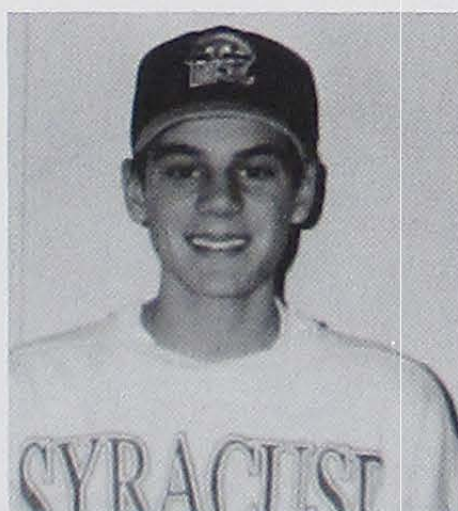
While combining employment and academics, sophomore Abby Grebasch covers the switchboard in the main office. She worked every day during her free periods and after school. (Photo by Mindy Cooper)



To solve money problems, freshman Tyler Fraser used his mom Susan as his personal bank account. Fraser said he usually received funds whenever he needed them. (Photo by Mindy Cooper)



Should students have jobs during the school year?



"They shouldn't if they are in sports because it will conflict with practice. And academically, it will hurt you if working hours prevent you from getting homework done."

—David Joens, freshman



"If they are able to manage their classes and keep up, then having a job is fine. I think jobs promote responsibility and give students real life experiences."

—Palanda Brownlow, sophomore



"Yeah, I think so because it helps them get used to the real world. Also it teaches them to accept real life."

—Bruno Gilchrist, junior



"It all depends on their work load. If they are really involved in student government or sports then they are too busy, but if they aren't involved in a lot then it's OK."

—Elaina Prochaska, senior





Working for a source of income, junior Rachel Devine stocks clothes in the fashion department of K-Mart. Devine had worked at the store for less than a year. (Photo by Mindy Cooper)

Working at HyVee, senior Jerod Storck had a way to solve any cash flow problems. "Working gives me something to do after school and make some money in the process," he said. (Photo by Mindy Cooper)

can you spare a dime

Money, money, money. As long as there are teens there will be a need for teenage income. The question is how to

get money and what to do with it. Some students found an answer with jobs. • "My first job was detasseling for Pioneer," junior Kristina

Sassmann said. "It paid great, but it was hard work. Now I work at the pool and do things for my parents for money." • Having a job was nice for some students, but it wasn't always possible. Many had to rely on allowance or other odd jobs. • "I don't have a job because I don't drive," sophomore Kate Dobberke said. "I usually earn money from either babysitting or my allowance." • Others were in the same situation—wishing for jobs, allowances or just extra cash. • "I don't get a weekly allowance but I get paid for extra chores and running errands," freshman Steffi Drewes said. • Extra money came as a blessing to many students. • "I have to pay for every single activity in the world," Dobberke said, "at least the stuff I do with friends." • While a lot of students had fun with their funds, others had to spend more wisely. • "I work at JCPenney," senior Amy Bright said, "and usually I put my money in the bank. If I want stuff, I have to buy it myself but I'm trying to save for college." • Though some students learned the value of a dollar, several felt their peers lacked a true appreciation of money. • "Most people our age don't appreciate the value of a dollar," sophomore Matt Pyle said. "They always want it, but since it's always handed to them it's like they just expect it." • But other students gave their peers the benefit of the doubt. • "It all depends on their background," Drewes said. "If a teen is handed money, usually they don't learn the true value and just take it for granted. If they had to work, most likely they will learn."

By Tanisha Cosby

Students found ways to remedy cash flow problems

Student Life • 79

What is your favorite cultural tradition?



With the help of her mother, sophomore Ujjaini Mitra dresses in a traditional Saari from India. A majority of students wore their ethnic clothing at special occasions and family activities. (Photo by Leah Mills)

"In Jain, we believe that there should not be cruelty to any living thing, so we are all vegetarians. We don't eat anything that has a heart."

—Priya Kothari, freshman

"The Chinese celebrate many holidays. The most important ones are the New Year and the Holiday of the Moon, in which we have dinner with traditional sweets called mooncakes."

—Steven Chang, sophomore

"My favorite holiday is Rosh Hashana. It's the Jewish New Year and we get to eat sweet stuff, symbolizing the sweet New Year. I also get to skip school to go to services and see friends."

—Joe Levine, junior

"We don't really think of this as a tradition, but the food we eat is a lot different than people here are used to. Indian food is a lot spicier than American dishes."

—Bittoo Kanwar, senior



stirring up the melting pot

As elementary students we learned about our nation's history. We heard about the Pilgrims, immigrants arriving at Ellis Island and America the "melting pot." That's

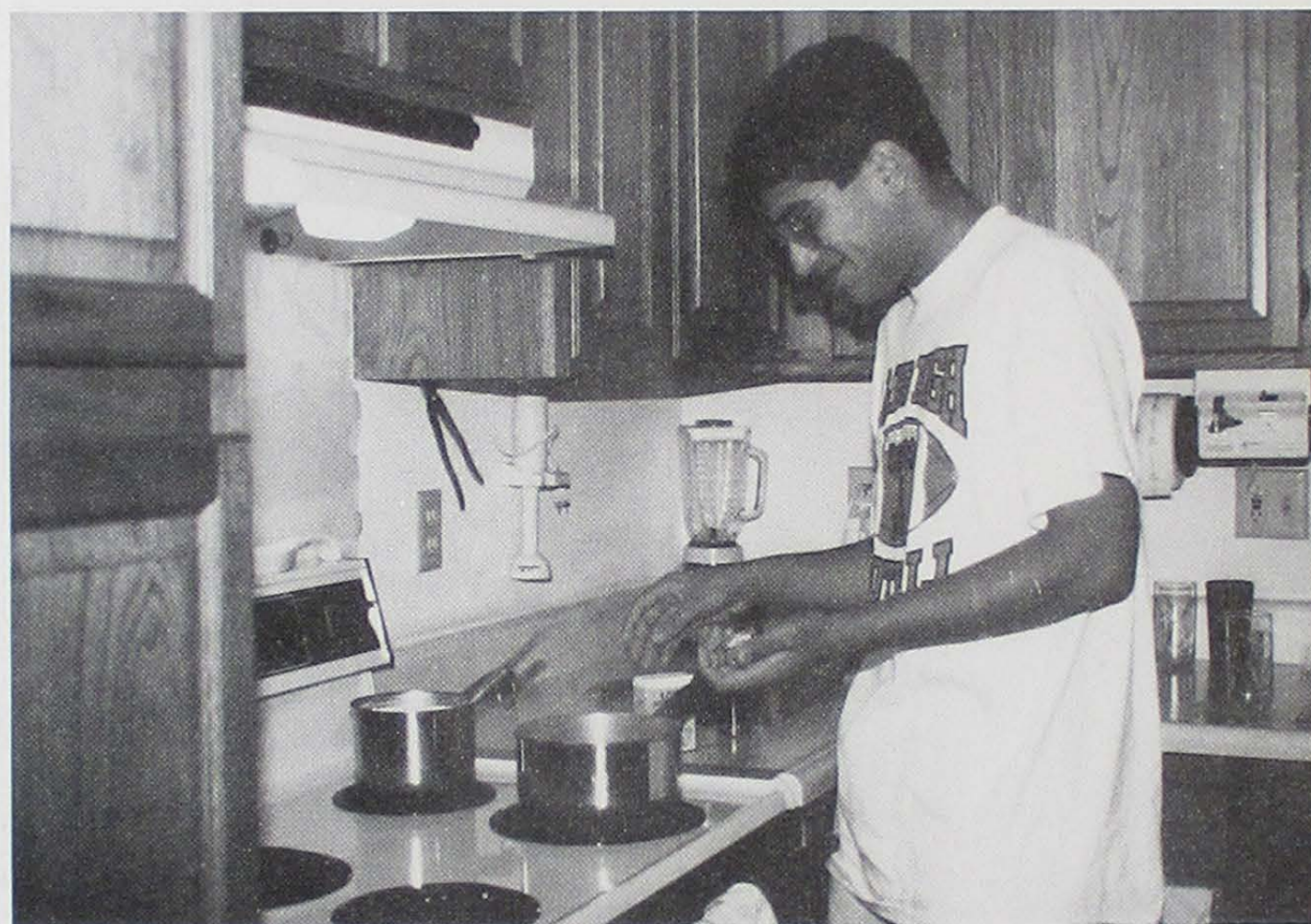
not just history though. Students from many different countries brought a rich diversity to Ames. • And like those early days, adjusting wasn't always easy. Differences in language and culture were obstacles for some students. • "When people know you don't speak their language, they don't talk to you. It was hard to find a group of friends to fit in with," senior Angela Arias said. • Slang also took some getting used to. • "Our language (in Australia) is about the same as in the United States. But here, there are a lot of different words with the same meaning. I had to learn a lot of sayings," junior Simon Campbell said. • A few students found the U.S. and Ames weren't quite what they expected. • "I had a different image of the United States when I lived in Venezuela. People think that this is the ideal place to be, but it's really not that different from Venezuela," Arias said. • Many students appreciated the freedoms they found at Ames High School. • "There were a lot of things I couldn't do in my old school. We couldn't paint our nails, wear rings, or have boyfriends. But I can do whatever I want at Ames High. I feel good here," sophomore Xue Li said. • Despite the opportunities and new experiences, there still remained cultural aspects students missed. • "I miss the traditional food, like my favorite plate, pozole (a meat and onion dish)," freshman Hermes Ron-Rodriguez said. • "I miss my family, especially my grandparents," Li said. "I want to go back someday."

By Shannon Kenealy

International students discovered many cultural differences at AHS



Setting the table for a holiday meal, senior Beth Holger celebrates Christmas. Holger said, "I feel our heritage is the strongest during the holiday season, especially when we add the Norwegian traditions to celebrating Christmas." (Photo by Robyn Berning)



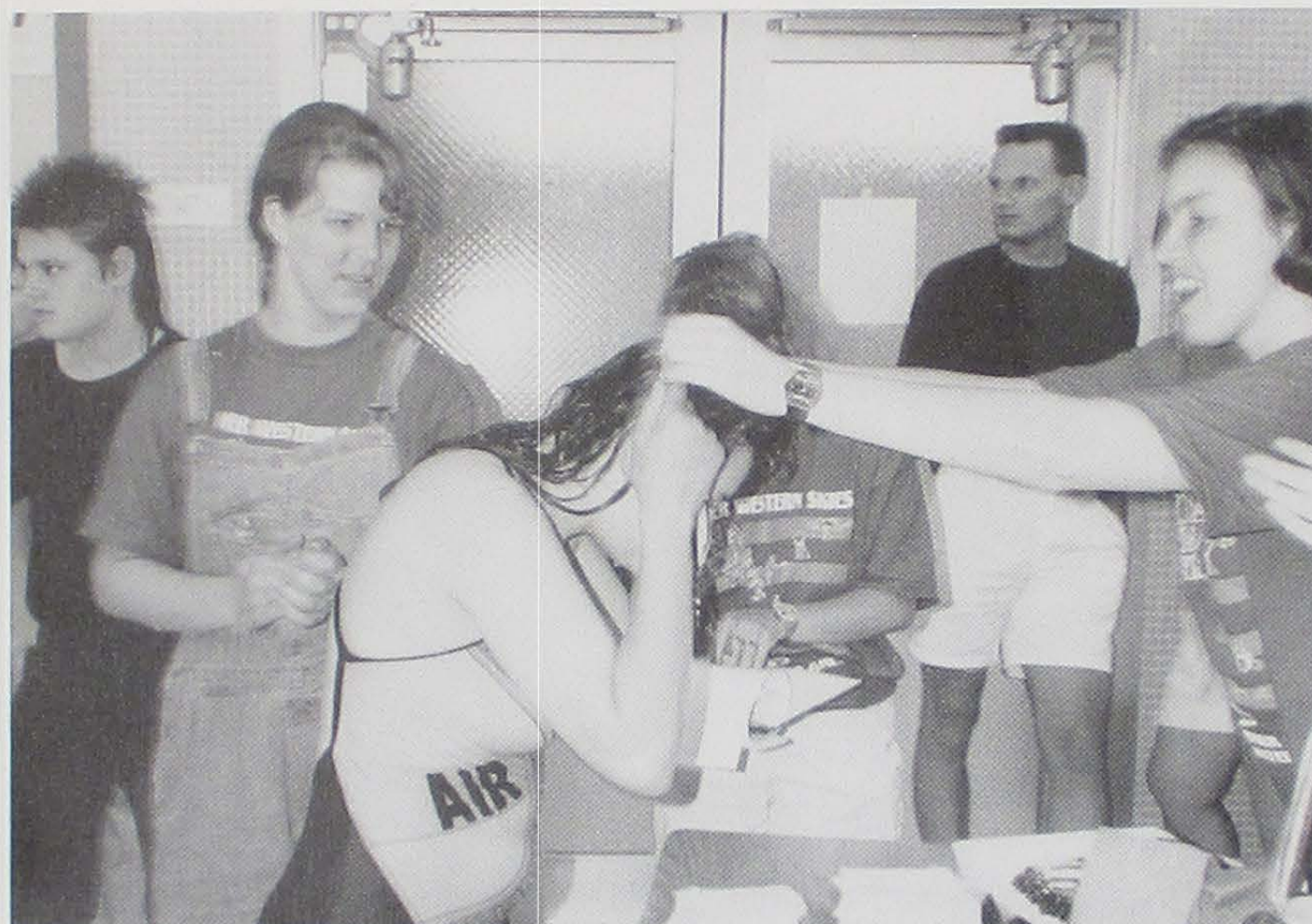
Cooking a meal from India, senior Anand Giri prepares dinner for his family. Meals were one way that students were able to keep their heritage alive. (Photo by Robyn Berning)



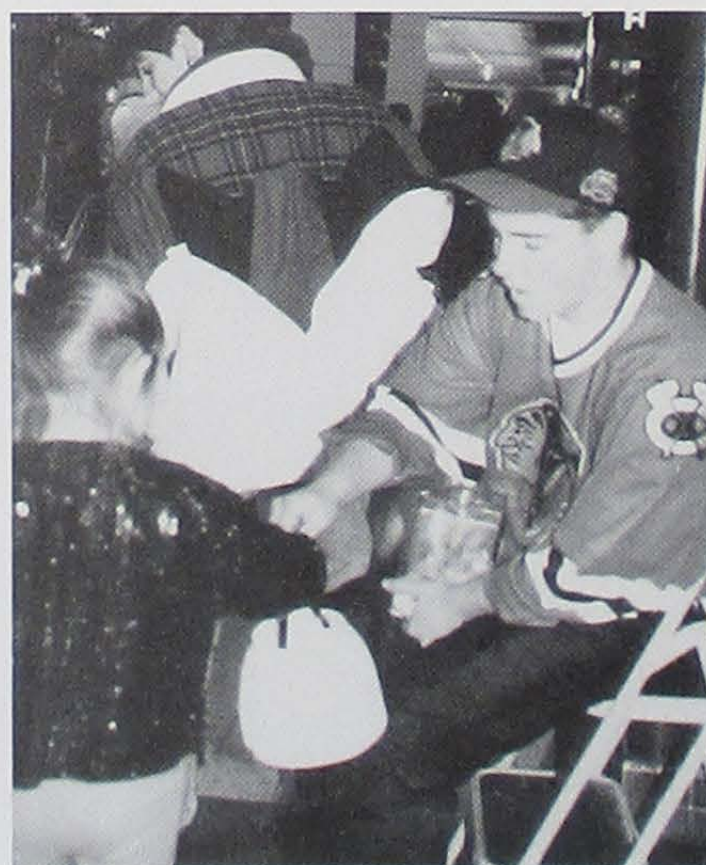
Wearing her culture's native clothing, sophomore Sonia Panigrahy practices a dance done by the people of India. Many Indian cultural activities were held during the school year at City Hall. (Photo by Robyn Berning)

"It's rewarding to help people who really need it," said senior Ben Lewis about an annual mission trip his church group took to Jackson, Mississippi. "I'm well off—I'm not hungry, I'm not homeless, I'm not dying—so this is a way to help people much less fortunate than me." (Photo courtesy of Ben Lewis)

Having Ames as the host site for the state Special Olympics called for many volunteers. Freshman Samantha Mills presents a swimming medal as junior Megan Biggerstaff look on. (Photo by Jenni Collins)



Sitting outside one of the shops at the North Grand Mall, senior David Smith volunteered to hand out candy to children who were trick-or-treating. The mall provided a safe place for children on Halloween by holding its own Beggar's Night. (Photo by Pam Hove)



trying to lend a helping hand

Without a doubt, the life of the average Ames High student—filled with school, homework, activities, and socializing—was pretty busy. However, students were still willing to donate some of their time and effort toward community service. • "I help out with Unified Sports, which are for kids

who are mentally handicapped," senior Marnie Anderson said. "It's really fun to do, and you know you're doing something important for the kids." • Some students found ways to get involved through school organizations such as Student Council or Key Club, or through their churches. • "During the Northridge Luminaria, we collected two carloads of food," junior Karen Moon said. "We also baked cookies and delivered them to the homebound members of the congregation." • Some students combined community service with opportunities to visit family members. • "I play piano at my grandpa's senior center," freshman Ken Okiishi said. "It's something different for them, and they think it's neat that I come see my grandpa." • Volunteer service was not limited to giving back to the Ames community. With the destruction of numerous homes due to the summer's flood disaster, many students headed to Des Moines. • "Retired NFL football player Tom Sickle came up from Florida and started a volunteer-run project called 'People First' to completely rebuild 300 homes in the Des Moines area that were damaged by the flooding," senior Cassie Dunham said. "My church, Collegiate Methodist, and Key Club have been involved with this." • Through the numerous forms of community service available, students found personal rewards in giving back to the community.

By Susan Hsu

Volunteer service allows students to give back to the community

Why do you perform community service?



"It's kind of like giving
valentine's to someone on
Valentine's Day— you
do it because you care
about people."

—Duke Knapp, senior



"It feels good to take
time out of my hectic
schedule to stop and do
things for other people.
It's very relaxing and a
lot of fun."

—Buffy Quintero, junior



"It makes me feel really
good to contribute. I
feel like I'm doing my
part for the community."

—Darci Horton, sophomore



"It's a lot of fun, because
you get an opportunity to
help out a lot of good
people, and it's really
neat to see their pleasant
reactions."

—Jenny Peterson, freshman

Being part of VICA meant
performing community
service in addition to
working. Adviser Don Faas
and seniors Nathan
Makelbust and Clint
Thompson saw supports for
playground equipment at
Sawyer Elementary School.
The group also helped the
with the United Way fund
drive. (Photo by Kendi
Neff-Parvin)



horses, Christian Slater and belly button lint

It's 2:59 p.m. As Sam finishes his physics lab, the bell rings and he runs out of the building, hops in his car, and speeds home. Sprinting into his house, he dives to the sofa, frantically searches for the remote, and flips on the TV. *Adventures in the Unknown* flashes across the screen.

- Obsessions came in many varieties. Whether it was Christian Slater or belly-button lint, it was bound to be someone's fetish.
- "I have been taking horseback riding lessons since I was 7," said junior Jessica Ackerman. "My walls are covered with posters, photos and drawings of horses. I've always loved them—I just can't get enough of them!"
- Ames offered activities to consume almost anyone's interest—and time.
- "I started taking karate lessons when I was 10," said freshman Jake Bullock. "Not only did it bring up my grades, but it improved me physically, and helped me a lot during the football season. I try to do as much as I can every day because I love to practice, and I also help out teaching at the boys and girls club. It's a state of mind to me now."
- Students' tastes in music led to some obsessive behaviors as well.
- "Every time I hear a new song on the radio that I like, I go out and buy the CD. I've got a huge collection," said sophomore Aaron Whiteford.
- With interests like this, money disappeared.
- "I started buying perfumes and colognes when I was about 12. I now have over 50 different bottles from all over the world," said senior Nicole Camp.
- The credits for *Adventures in the Unknown* roll across the screen as Sam flips off the VCR. He tosses the tape in the pile with the other 432 episodes and faces the reality—he's obsessed.

By Emily Bourne

Outside interests added focus to students' lives

84 • Obsessions



Feeding Flecka at Larson's Horse Ranch in Boone, senior Laura David stoops down to look into her eyes. Although Flecka was too young to ride, David rode other horses there and taught lessons.

Glancing about his room, which was covered with different heavy metal posters, freshman Brian Donaldson decides where to hang up his newest pinup. Donaldson followed the bands' music releases as well as going to some of their concerts. (Photo by Mindy Cooper)





Admiring his jacket, sophomore Jon Reed puts together an outfit. "I really like what I consider good quality clothing. My favorite brand is Nautica, but I also have a lot of Polo." said Reed. (Photo by Mindy Cooper)

"I have around 100 pigs (in my collection) now," said junior Lindsey Rice. "I've received most of them as gifts and every time I see a cute pig in a store I buy it." (Photo by Mindy Cooper)



What's a unique obsession you've encountered?



"Mr. Linn is addicted to Diet Coke. He always has a can handy, and he even bought a small refrigerator to hold all his cases of it."

—Scott Allen, senior



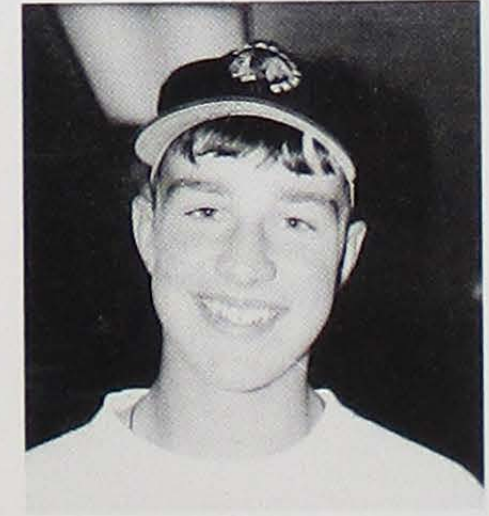
"One of my friend's moms decorated their entire house with flamingo paraphenalia."

—Abby Cook, sophomore



"My friend plastered her entire room with New Kids on the Block pictures. Even her ceiling was covered with posters."

—Katie Rhodes, junior



"My brother and his friends are obsessed with watching Star Wars over and over."

—Matt Shimkus, freshman

What's your worst Winter Formal memory?

While at the dance, seniors Bryan Warne, Jeremy Gardner, and Dave Smith take delight in the fact that Matt Farrier somehow got his pants dirty. (Photo courtesy of Jackie Olberding)



"A couple of juniors and seniors came up behind me when I was on the dance floor and started imitating me. I got really embarrassed and ran away."

—Julie Dickson, freshman



"I spilled fruit punch all over my best friend's new dress. Luckily it was black velvet."

—Alienor Gilchrist, sophomore



"My date led a conga line across the dance floor. I was too embarrassed to join in so I just sat there and watched."

—Collette Best, junior



"I got lost in Des Moines trying to find the restaurant we were supposed to eat at, and we almost had to eat at the Hy-Vee deli."

—Todd Borwick, senior



waltzing in a winter wonderland

Shimmering lights. Smiling faces. A slow melody playing as couples sway in each other's arms. • This was the scenario December 23, as couples filtered into the Sun Room at the Memorial Union for winter formal. • The night was not only a chance for students to plan an extravagant evening, for some it was also an opportunity to get to know people. • "My date and I ate dinner and went to the dance with a group of eight other couples: two seniors, 14 juniors, one sophomore, and one freshman—yours truly," said freshman Chris Tuttle. "I was worried I might feel awkward in this situation, but as it turned out I got to know a lot of older people better and had the time of my life." • "I really enjoyed the social aspect of all different kinds of people from all different grades getting together. It's a good way to meet people you otherwise wouldn't get a chance to meet," said sophomore John McGee. • There are many aspects which go into making a special night memorable, but sometimes, everything doesn't run as smoothly as planned. • "On the way to dinner with my date, I realized I had forgotten my tickets," said junior Trish Peterson. "We had to turn around and go all the way back to my house to get them. This makes the second year in a row this has happened to me—with the same date!" • While many students left the dance filled with memories, some memories were more poignant than others. • "I see my boyfriend about three times a year, so this was a very special night for us," senior Jessica Hugdahl said. "He flew in the night before from the University of Pennsylvania, so his mom rented his tuxedo and set everything up for us. We ate at a really elegant restaurant in Des Moines, which was really romantic. The night was really meaningful for us because we value our time together so much." • Although the evening faded, those couples swaying on the dance floor can hang onto their vivid memories for a long time to come.

By Emily Bourne

laughter, romance and a few mishaps comprised winter formal



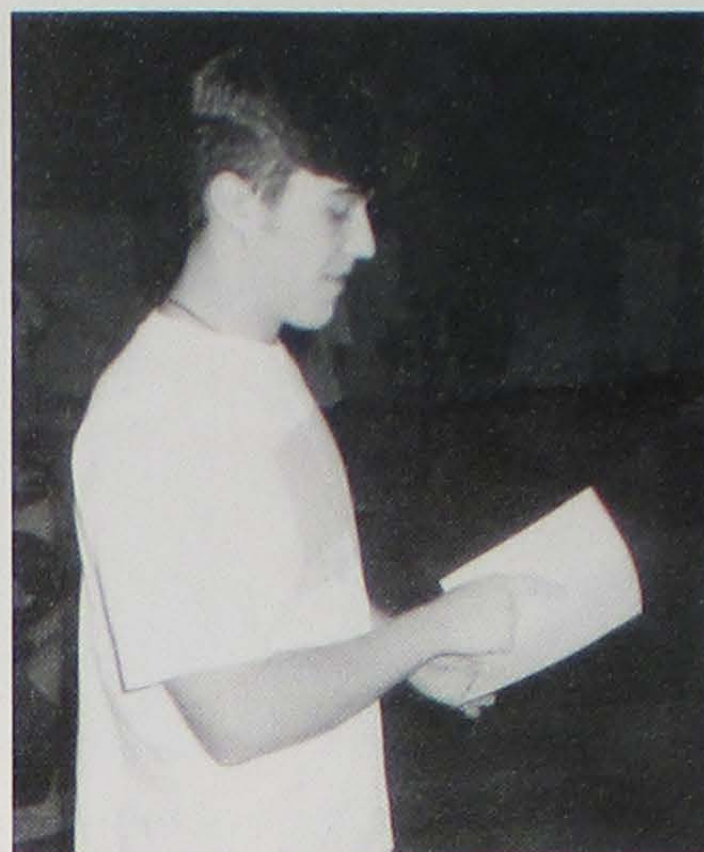
Senior Girls' Club. Front Row: Amanda Hetzel, Angie Davis, Melissa Kell, Kari Ellingson, Valissitie Heeren, Sarah Little, Steph Bulver. Back Row: Allison Hutchison, Robin Geiger, Katie Krogmeier, Cassie Dunham, Jessica Hugdahl.



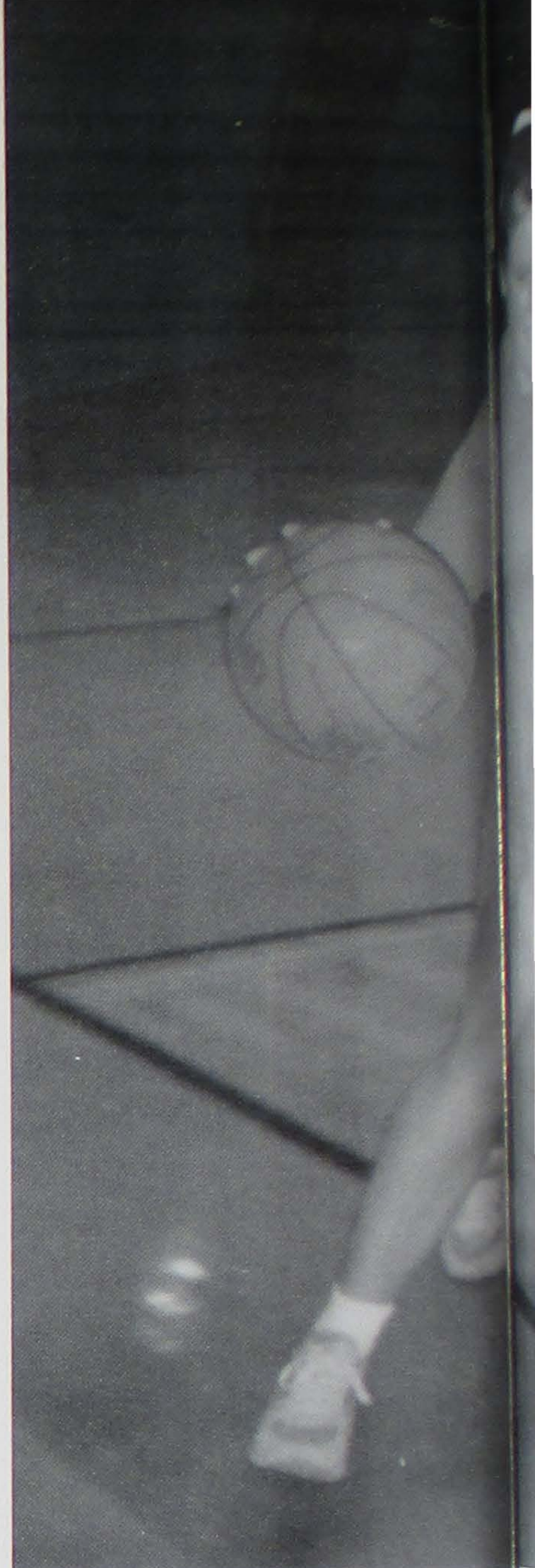
Going in large groups made the night more fun for some like these couples posing for a group picture before going to dinner. Junior Simon Campbell, an exchange student from Australia, spent his last night in Ames with them. (Photo courtesy of Lindsey Rice)

Before going to dinner prior to winter formal, senior Kari Ellingson pins a red rose on her date, '93 grad Mark Skluzacek. (Photo courtesy of Kari Ellingson)

During the I Ball season, senior Lee Girard keeps score at a game. One player from each team kept score for one half of their team's game. (Photo by Robin Geiger)



Junior Steve Kiner and senior Matt Sapp charge downcourt against seniors John Even and Derek Shonrock. Kiner's team had a unique sense of style on the court. (Photo by Robin Geiger)



If there were another intramural sport, what would you want it to be?



"I think we should have powderpuff football again—girls just don't have the same opportunities as guys now."

—Anne Barnhart, freshman



"Definitely girls' football. Guys get to bash each other's head in for fun, why can't girls?"

—Katherine Holger, sophomore



"Co-ed naked Greco-Roman wrestling for the sheer fun of being a spectator."

—Barrett Randall, junior



"Intramural soccer because people in spring sports could go out without it conflicting with the season."

—Becca Stott, senior





Driving hard, senior Sonee Griffin goes for a layup in a Wednesday night game despite senior Jamie Adair's defensive maneuvers. Griffin was the captain of "Sonee's Honeys." (Photo by Robin Geiger)

Taking the ball to the hoop, senior Alicia Heffron goes for a jump shot in an I Ball tournament game. Junior Julie Swanson's team won the girls' I Ball tournament. (Photo by Robin Geiger)

there's something happening here

Down by two. Four seconds to go. Half court. He shoots and scores. But no crowd roars. No pep band plays. No cheer-

leaders jump. And the athletes don't seem to mind. It's a typical scene for any of the intramural sports teams whose players were just there to enjoy themselves. • "It would be nice if more people came to watch, but there isn't really any place to sit. Usually eight teams played at once, using up all the courts. We had to support our team members to compensate for the crowd," senior Chad Fowles said. • Students found advantages to playing the intramural sports offered at Ames High. They could choose from volleyball, basketball, softball, or all three. • "In I Ball you get a chance to play more and everyone makes the team. There aren't any practices, so you just go out and play one night a week. But it still felt good to do well in a game," freshman Matt Nelson said. • Many players went out for intramural sports just for a good time. • "I went out for I Ball because I wanted to have fun and it keeps you in shape. All that counts is having fun—I think people forget that," junior Dan Vogel said. • Other students enjoyed the stress-free atmosphere of the intramural games as compared to Ames High interscholastic sports. • "In co-ed softball, sometimes something really funny would happen and we would just stop the game so everyone could laugh. I liked it because my team wasn't very serious or competitive. We just played because it was really fun," sophomore Leah Mills said. • Intramurals proved to be a good experience for players, giving them personal satisfaction and a chance to be competitive (if they chose) without pressure.

By Shannon Kenealy

Intramurals provided fun athletic alternatives

exploring the sacred side

"Every morning before school, I go to a 6:15 seminary class at the Mormon church, where we study the history of the church, the Book of Mormon, and the Bible in-depth," freshman Ken Okiishi said. "Since religion is a significant part of my life, seminary is a very uplifting way to start my day. Besides, it's a way to get focused in the morning." • For a great number of Ames High students, religion played an important role in their lives. While some students belonged to highly organized churches, others preferred less-structured religious groups. • "The church I go to is non-denomination, and we simply meet at a house. It's kind of like a big family, and we don't have anyone preaching to us," junior Heather Steskal said. "Instead, we just read parts of the Bible and then explain our thoughts. It's kind of like class when you read a book and then talk about it." • In addition to formal religious education, youth groups were popular, as they offered social activities and religious discussions in an informal setting. • "In my youth group, we don't talk strictly about the Bible. Sometimes we talk about social problems that have nothing to do with religion," sophomore Audra Slocum said. "Or, we try to relate religion to society and our own lives and futures." • Other students got involved in a different aspect of religious education. • "I've been teaching Sunday school for three years," senior Jennifer Scott said. "I like being able to work with very young kids at such an important age, because it's their first introduction into another influence in their life that's not family. It's also really fun to work with them at that age because their reactions are interesting and sometimes pretty funny." • Whether received in big doses or small, religion and its influence indeed had a place in many students' lives.

By Susan Hsu

Religious activities lend spiritual guidance to students' lives

90 • Religion



The Northminster

Presbyterian youth group renovated a house in Kansas City. Junior Shannon Kenealy and her mother Carol caulk windows in the sweltering August heat. (Photo courtesy of Lisa Biggs)

On a trip sponsored by Collegiate Presbyterian, junior Sara Stevenson and other students helped an organization which rebuilt run-down houses, then sold them to needy families in Mississippi. (Photo courtesy of Sara Stevenson)





Students from Collegiate Presbyterian's youth group took a mission trip to Jackson, Mississippi. Freshman Millie Dowling was a kindergarten teacher for the vacation bible school, one of the group's projects. (Photo courtesy of Lori Hunger)

Students across the nation came together at schools for "Rally at the Pole," a student-organized prayer in November. Ames High students gather to pray by the flagpole. (Photo courtesy of Jenny Lathrop)



In what way has your youth group been rewarding?



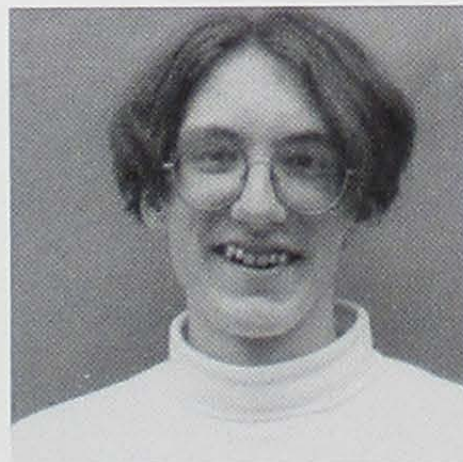
"My church went on a pilgrimage to Denver for World Youth Day. There were people from all over the world, and the pope was there. It was a terrific spiritual experience."

—Eva Hernandez, senior



"We're going to take a trip to Atlanta. There's going to be thousands of people there, and lots of speakers. I think it'll be really exciting and something to remember."

—Sarah Teas, junior



"We participate in the Appalachia Service Project every year. We go to the Appalachian area and do service work for the underprivileged families."

—Steve Cable, sophomore



"We go to Mississippi to rebuild houses and work with inner city kids. It's frustrating because we put a lot of hope into the kids, but they have so much to go through that you wonder if that hope will last."

—Pete Beaman, freshman

"Some think band members are geeks, I don't agree," senior Bernadette Hartman said. Despite the reality, large groups, like athletes and musicians, were often stereotyped by students that were not part of that group. (Photo by Robyn Berning)

Lounging around before art class, seniors Chris Whitehead and Nick Schult talk about their next assignment. Artistic people were often negatively stereotyped regardless of their true character. (Photo by Robin Geiger)



Preparing for Terpsichore, junior Jana Cheney performs in senior Amy Jo Brown's dance, "Welcome To My Picnic." While many dance and drama students were stereotyped, some did not mind since they were often viewed as creative and even a little eccentric. (Phot by Alicia Ackerman)



pocket protectors pom pons and push-ups

Ditzy cheerleaders, dumb jocks, and intellectual science club members. These groups had one thing in

common—they were all stereotyped. • "I don't think that stereotypes are bad. They are just expectations of how people in a group should act,"

senior Lee Girard said. "The scary thing is, the

stereotypes are often true." • To many people, stereotypes seemed accurate. • "It seems to me that blondes and cheerleaders are ditzy, but I think that they try to act that way just so they can get lots of attention and get all the guys," senior Marnie Anderson said. "They know that people expect them to be ditzy, so some do it, even if they really aren't that way."

• Even though some groups possibly conformed to perceived expectations, other groups were stereotyped because of characteristics exhibited by only a few, if any, of its members.

• "When I think of chess club members, I immediately think of nerdy guys wearing polyester pants and pocket protectors," junior Maria Roshien said. "I know it may not be true, but that's just what everyone thinks about them." Sometimes "outsiders'" perceptions of particular groups were not fair. That didn't keep the people who had been categorized from stereotyping others though. • "I think that out of all the groups, the people in theater stereotype people in other groups more than anyone else," senior Tyler Uetz said. "For example, since I'm in baseball, they tend to think of me as a 'jock'." • When being classified as band nerds, chess club geeks, or drama freaks, most students learned to live with the stereotypes put upon them, even if they were untrue.

By Kari Ellingson

Different cliques forced to accept stereotyping as a way of life

What is one stereotype you believe?



Most jocks think they have to uphold an image. That makes them seem really stupid. They try to appear strong and able to withstand anything."

—Betty Pang, senior



"I believe the stereotype that cheerleaders are dumb, because one time a cheerleader asked me if Christmas was always on the 25th of December."

—Nathan Terry, sophomore



"Preppie poptarts are a bunch of people walking around with their noses in the air and acting like they're so much better than they really are."

—Nicki Thiede, freshman



"My consensus is that white men can't jump."

—Seth Taylor, junior

Kicking off the new school year, senior Steph Bulver and juniors Shannon Kenealy, Lisa Biggs and Jenny Bilske cheer at the pep assembly. "I think that it's kind of funny when cheerleaders get the stereotype of being a little 'light-headed', but we have the highest percentage of participants from any Ames High sports to receive academic awards," Biggs said. (Photo by Mindy Cooper)



At the ISU Skating Rink, freshmen Jill Baker and Rachel Abbott work on their technique. The girls took lessons then practiced every morning before school. (Photo by Pam Hove)



Gliding through the air, junior Rich Hall prepares for a landing. While most students didn't snowboard regularly, Hall tried to make it up to Minnesota with friends every weekend he could. (Photo by Erich Menzel)



How did you and your friends spend your snow days?



"I was supposed to go on a ski trip, but we didn't go. I ended up watching TV all day instead."

—Cassi Rice, freshman



"I made a gigantic snow family and snow angels in the yard."

—Denna Todd, sophomore



"We went sledding and then bundled up and drove around in Dave Sosnouski's convertible."

—Joss Nichols, junior



"I drove to Small Lake and went ice fishing. We stripped to our shorts and ran across the frozen lake."

Sengjohn Kiojai, senior





Hiding behind a snowman, senior Emily Barta tries to avoid being hit by an oncoming snowball thrown by senior Bittoo Kanwar. The two had built the snowman on an outing to Inis Grove Park. (Photo by Pam Hove)

After an overnight snowfall, freshman Ben Noland shovels snow off the sidewalk. Noland and members of his church youth group completed the task on a volunteer basis. (Photo by Cori Kindred)

when the weather outside was frightful

While the fire was blazing in the fireplace and the hot chocolate was warming in the microwave, many Ames High students chose to be outside in sub-zero temperatures with snow up to their ankles. And no matter what happened, they often got more surprises than they bargained for. • "I was sledding at Gateway with some friends and we had four people on one innertube. We went over a huge bump and I landed on top of one of them really hard and he got a cut on his lip," junior Peter Fanous said. "The worst part was that he ended up getting four stitches because of it." • Downhill skiing was another experience that held vivid memories for students. • "My brother Chris and I went skiing together and we were at the top of this really big hill. He started to ski down it but discovered it was really icy so he grabbed on to a tree and managed to stop. I was coming really fast and couldn't stop and I saw that ahead of me were two trees right next to each other and I ran right into each tree with a ski," senior Scott Allen said. "I flew out of the skis with my boots still on and landed a long way from the tree." • Experiences like this sometimes occurred when students celebrated too soon. • "My family and I were skiing in Colorado. We went over this really big jump and I nailed a back scratcher, and I was so happy and impressed with myself that I wasn't paying attention to where I was going and skied into a sign that said SLOW," sophomore Noelle Padgitt said. • After cold weather and a few mishaps, students were more than ready to step inside and thaw out with friends and hot chocolate that burned their tongues.

By Jenny Ellett

Cold temperatures & snow didn't keep students indoors

Student Life • 95

What motivates you to continue taking lessons?



While practicing their tap dance for the June recital, freshman Erica Riedesel, junior Sara Stevenson, and freshman Aminah Beavers take a moment to strike an ending pose. The girls took tap from The Robert Thomas Dancer. (Photo by Tanisha Cosby)

"I've been taking skating lessons for three years now and I've just recently started competing. I think I have done very well and that encourages me to keep skating."

—Jill Baker, freshman

"I've come so far with my guitar lessons already and there is no point in stopping now since I've learned so much."

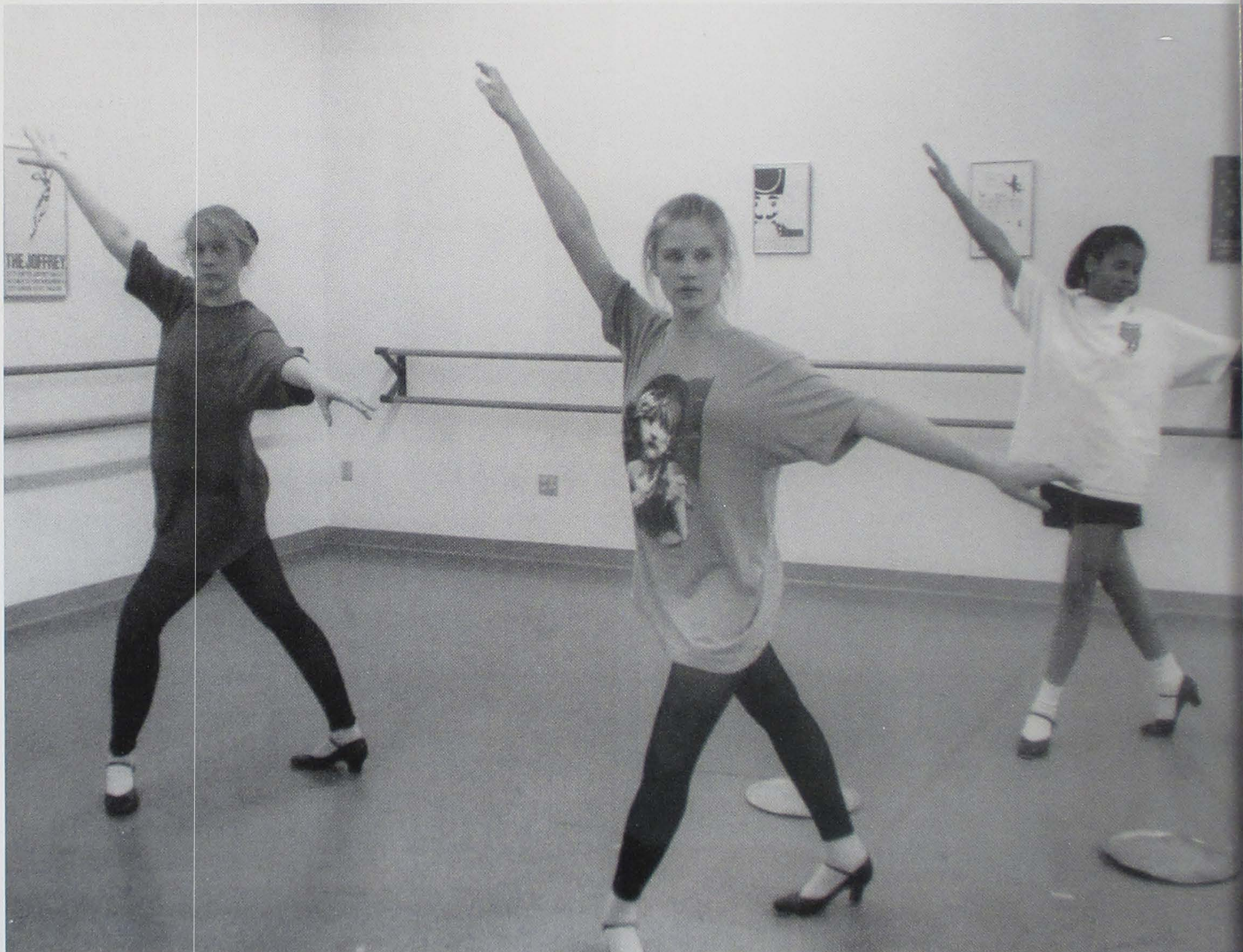
—Jessie Schram, sophomore

"Every weekday morning at 5:30 I get up to go to seminary because I feel the need for religious fulfillment. It helps me with life's challenges and teaches me how to endure."

—Seth Taylor, junior

"Dance is a way for me to deal with things in everyday life. You get to pretend to be someone else, and by performing you make others happy."

—Shaly Seecharan, senior



refining our natural resources

While some students shot hoops or hit the golf

course, others stimulated themselves by

joining groups like Chess Club and *Scratch Pad*. It was no secret students had diverse ways of occupying their time. For many, though, those after-school hours were filled with self-improvement in the form of lessons. • "I've taken guitar lessons for three years from Greg Schmidt. They are a lot of fun, and I enjoy it," senior Nick Schult said. "The guitar is really cool and I've been interested in it for a long time so I decided to learn how to play." • "I am in band and I also take clarinet lessons one half hour a week from a professor at ISU," junior Ruby Hsu said. "I like to keep myself busy. I'd probably go crazy if I wasn't." • The ever-popular piano lessons struck a chord with many musicians. • "I've been taking piano lessons for the past eight years," sophomore Chris Tomlinson said. "I simply find it enjoying and a lot of fun." • Enjoyment certainly wasn't limited to music. Being in extra-curricular activities at school as well as out of school was the preference of many students. • "I've been taking dance from The Dancenter for the past nine years," freshman Vanessa Kuo said. "I've taken pointe and ballet there and I think they really help my physical appearance and endurance. Being in dance really helps me in track, too." • But several students who took lessons just wanted something to get involved with that the school didn't offer. • "I take Tae Kwon Do because I like to try and learn something new," junior Michael Choi said. • Choi expressed the sentiments of many students who found the time to take lessons on top of their already full schedules when he said, "It makes me feel well-rounded and gives me a sense of stability."

By Tanisha Cosby

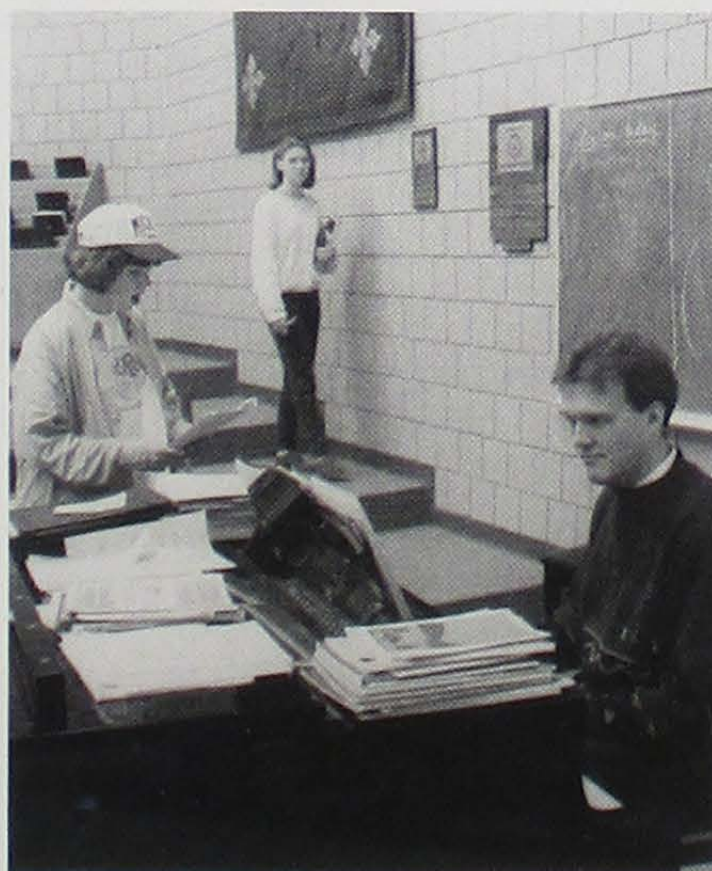
Lessons helped students fulfill potential in areas of interest



During a weekly lesson, junior Katie Rhodes plays a practiced piece for her instructor. Rhodes was a student of Laura LaGrange and had been taking piano lessons for the 11 years. (Photo by Lindsey Rice)



Under the instruction of Beth Sermet, students participate in Tae Kwon Do lessons after school in the cafeteria. (Photo by Mindy Cooper)



As sophomore Leah Mills rehearses her solo for contest, vocal music instructor Steve Linn critiques her performance. Mills takes private lessons from Linn every other week to strengthen her skills. (Photo by Mindy Cooper)

Singing the words as they flash across the TV screen, sophomore Brooke Harker and AHS alumnus Amanda Lloyd karaoke at an ACTORS New Year's Eve party. The community theatre provided an alternative stage for AHS actors.

Goofing around backstage, junior Emily Bourne gives junior Jackie Zenor a hand at a dress rehearsal for *The King and I*, a Stars Over VEISHEA production.



Laughing to herself, junior Lindsey Pyle waits backstage to perform as a Russian in the *Nutcracker*. Many Ames High students auditioned for and performed in the annual dance production directed by Robert Thomas.



SO you wanna be a star

The Ames High drama department provided four opportunities a year for students bitten by the acting bug to have their moment in the spotlight. But for some, it just wasn't enough. Groups like ACTORS and Stars Over Veishea provided a unique opportunity for members of the community and students to display their talents. • "There are a lot of different people involved and they're more serious,"

senior Tyler Uetz said. "Instead of just doing drama to be in a school activity, people have to go out and look for productions. So usually they are serious and want it more in out-of-school drama." • Being involved with the productions demanded a lot of time and commitment from the students. • "It was hard being a junior with honors courses and play practice with all the time it took up. It seemed like my life was just homework and play practice," junior Emily Bourne said. • But students found the productions rewarding and well worth the extra time. • "There was a lot of time involved. But it's worthwhile when people come to see you and enjoy the play," freshman Chris Tuttle said. • "Stars Over Veishea plays are such a strong bonding experience. In just a short while, you have tremendously close friends," junior Jackie Zenor said. • Students found that the auditions were quite competitive and a bit unusual. • "One play I auditioned for was directed by a woman who wanted all her cast members to be uninhibited. She made us stand up and yell like Tarzan all by ourselves," sophomore Bree Shields said. • Despite some unusual scenarios, students felt fortunate for the opportunity to participate in community productions, along with those offered at school. The experience not only broadened their understanding and appreciation for the theatre, but fueled their desire to shine.

By Shannon Kenealy

Community theatre provides actors another stage

What is your favorite play and why?



"Stars Over VEISHEA because the soap opera stars taught us all something."

-Kara Zeimet, freshman



"The Wizard of Oz—I like the tin man especially and how all of the characters have a goal."

-Amy Olson, sophomore



"The Phantom of the Opera because the characters had really powerful voices and the story was sad."

-Jenny Bilske, junior



"The Music Man because I loved all the classical music and I thought all the singers were great."

-Scott Litchfield, senior

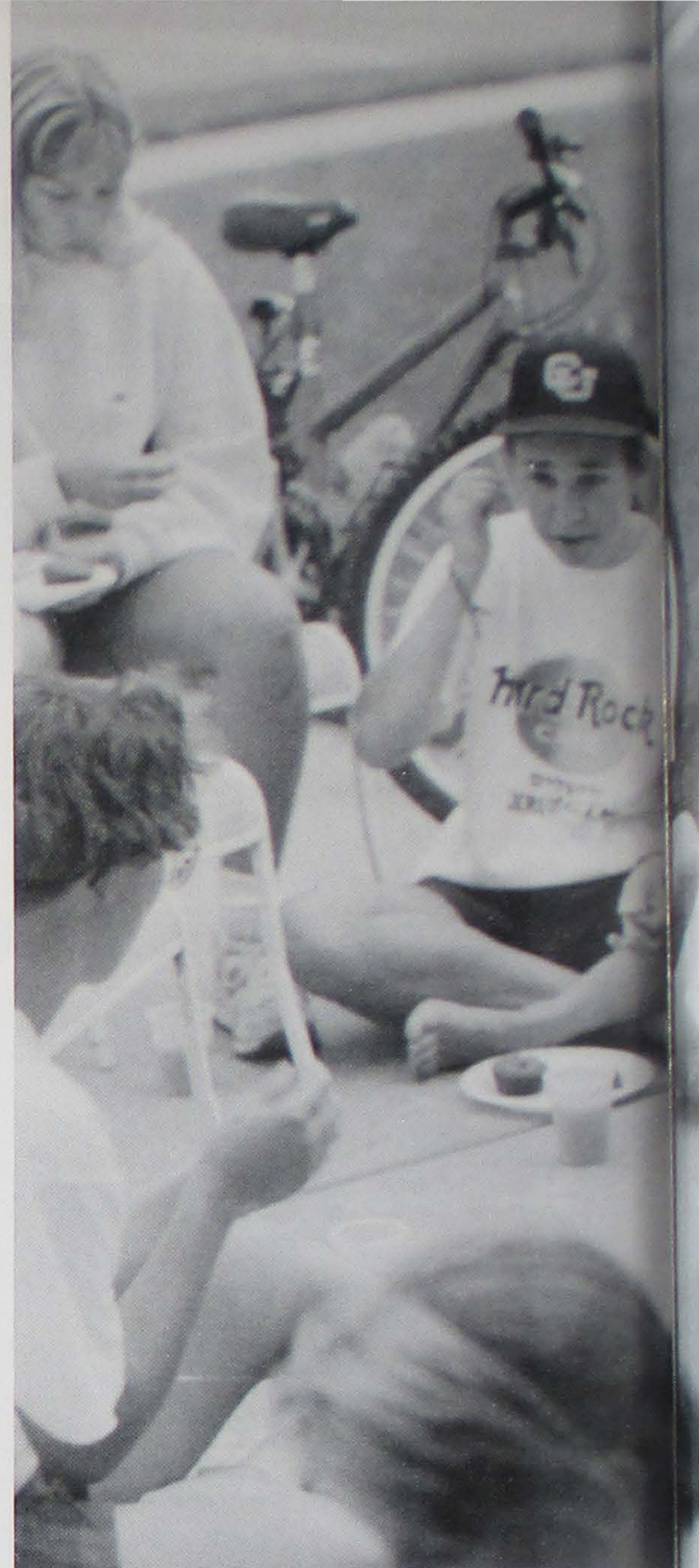
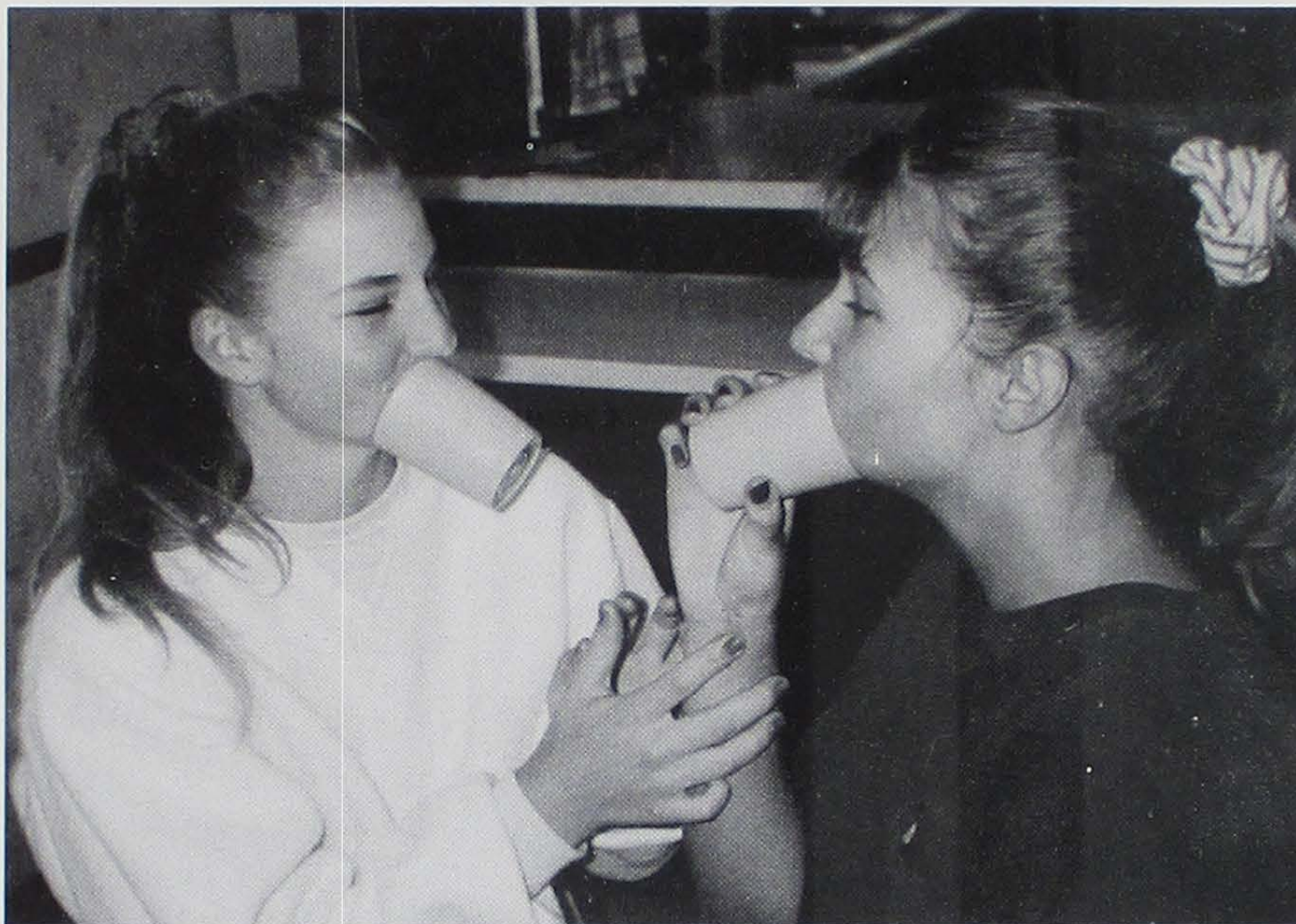
Performing in an ACTORS play, sophomore Brooke Harker and senior Laura David play rich, blind sisters. The cast of the play, *Into the Woods*, also included freshman Chris Tuttle. (Photo courtesy of Brooke Harker)



Hanging around after school, freshman Max Highland and senior Roland Anderson take in their surroundings while waiting to catch a ride. (Photo by Alicia Ackerman)



Playing around with plastic cups, freshmen Lindsay Carey and Kayla John goof around at Carey's house. Hanging out and killing time was probably the most common shared activity for friends like these. (Photo courtesy of Lucy Carey)



What is your idea of the perfect friend?



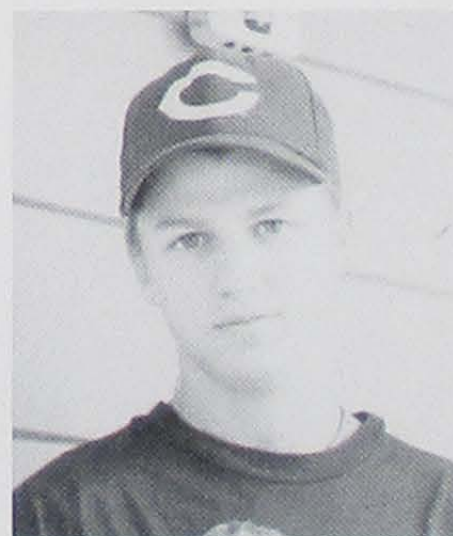
"Anybody who can put up with me."

-Jason Slater, senior



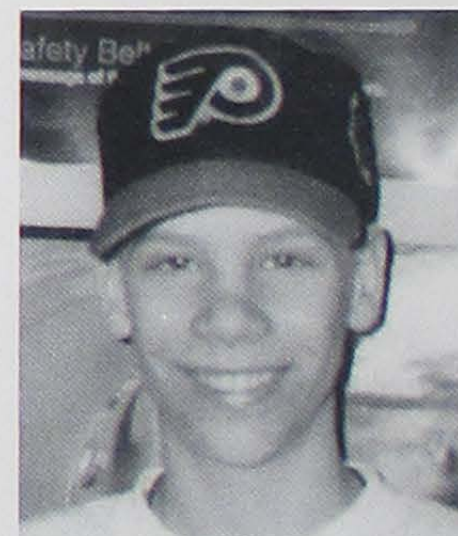
"Somebody who respects me, is truthful to me, and is fun to be around."

-Sara Britson, junior



"If only everybody could be like Erich Menzel."

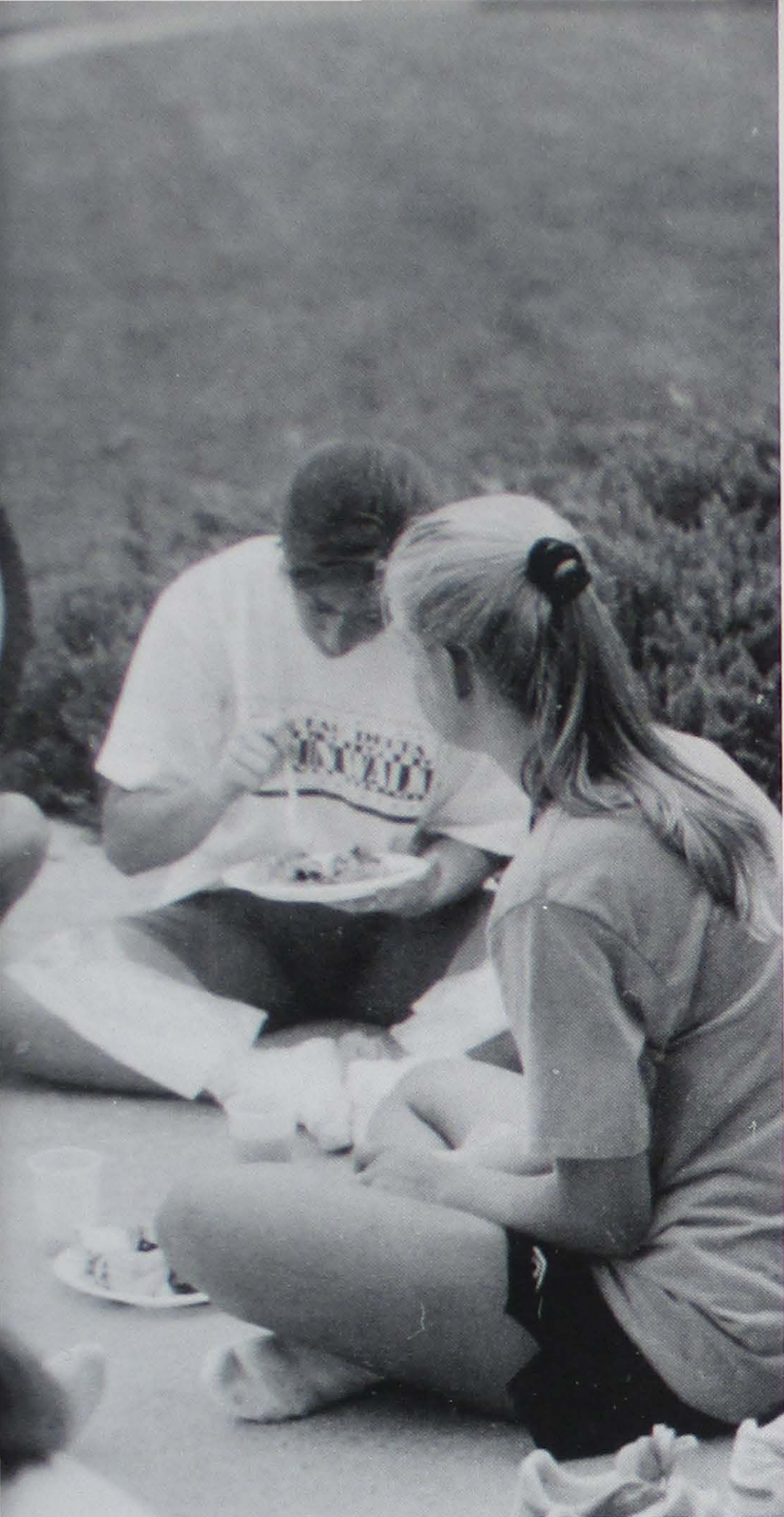
-Nate Hutchison, sophomore



"Somebody that's like me—who has the same interests."

-Justin Eckard, freshman





After an early cross country run, seniors Beth Myers, Angie Davis, Jessica Jones and Annagreta Birch eat breakfast together. The breakfast helped runners to get to know each other.

Trying to keep warm at a football game, seniors Tina Wiegand, Sara Meinhard and Tyler Uetz huddle under blankets. Not only did sports provide something to do on weekends, many athletes also made lasting friendships through their involvement. (Photo by Pam Hove)

you never walk alone Since the first day we walked into the high school as freshmen, whether we were in awe of our new surroundings or in complete shock, to the day we all leave as seniors, either confident or scared of the future, our high school days would not have

been the same without friends. • "My friends have been very important to me. I'll never forget the good times I've had with them while we've been in high school," senior Jana Skaff said. "Hopefully we won't lose touch after we graduate." • Remembering back to the good times with old friends was always fun, but new friends could be just as important. • "I went on the German trip with eight other Americans. I didn't really know any of them very well. Being in another country can be a little scary, but having the other Americans there was very comforting," junior Jennifer Whitehead said. "By the end of the trip I felt as though I knew the others very well. We weren't expecting to get that close, but we were all happy that we did." • Acquiring new friends through a foreign experience paid off, and having friends in and out of school was important too. • "In school your friends are different than the friends you have out of school. You can easily make friends that you're willing to talk to in school, but they are often different kinds or friendships," sophomore Dan Fincham said. "With my out-of-school friends, I can talk with them about whatever I want and not have to worry whether they can understand me. But in school, I have to act differently so that these friends don't get the wrong impression." • Friends proved to be important to us in everything we did. They were always there to remind us of the good times we had, to listen to our problems, and maybe most importantly, they spoke English in foreign countries when we couldn't communicate with anyone else!

By Becca Stott

Friends were always there when we needed them

Student Life • 101

What did you like best about the parties you attended?



At a party at the 3M Park, the band plays on. Sophomores Brad Davis, Steve Cable, Jeff Koch, Chris Hoffman and drummer Brian McGeeney played at the party for a group of senior girls which included Allison Hutchison and Valissitie Heeren. (Photo by Pam Hove)

"The people—talking with the seniors and everybody was the best part because they were all really happy about getting ready to graduate and they were a lot of fun to talk to."

—Alan Hertz, freshman

"Getting to say goodbye to everybody. One of them had a karaoke machine and that was a lot of fun, too."

—Laura Evans, sophomore

"My favorite part was probably when all of my friends got up and sang the Jewish fight song on karaoke and they all made complete fools of themselves. It was a lot of fun to watch."

—Joss Nichols, junior

"My favorite part was planning, because that was when all of my close friends got together. And also after all the planning, seeing all the people come and have a good time."

—Kari Ellingson, senior



it's my party & I'll cry if I want to

Friends, fun, volleyball, water balloon fights and movies. These were just a few of the activities at the end-of-the-year senior parties. • "We decided to have our party in the beginning of April because we wanted to have one last time to hang out together," Danelle Pantenburg said. • The class of 1994 held their celebrations at a variety of locations, ranging from local parks to the drive-in movie theater. • "Our party worked out really well because Robin Geiger's acreage was the ideal spot for it," Scott Litchfield said. "We had a lot of room and her deck worked well for a karaoke stage." • In addition to a prime location, each party's theme played a large part in the planning and final product. • "Our theme was 'We're Breaking Out of Here,' so we went to the Ames Jail and had our pictures taken for the invitations," said Lynn Converse. "The officers were really nice and thought it was kind of funny." • While almost everybody agreed that the final product was well worth all of their efforts, problems did arise during the planning stages. • "The worst part was having all of our group meetings," Andrew Potter said. "Nothing ever got accomplished because we would vote on something and then do the opposite." • Many of the senior parties were thrown by a large number of students. This was also a source of conflict. • "Getting everything coordinated was a big problem because when you have 25 people, it is hard to tie your shoes together, let alone plan a senior party," Lon Freeman said. • Despite the problems though, most seniors were glad for the chance to celebrate with friends and make a few final high school memories.

By Kari Wille

Theme parties with friends provided many final farewells



Students eat, play volleyball, sing with a karaoke machine, and socialize at a party at Robin Geiger's acreage. Though most parties were held in parks, some groups found different alternatives. (Photo by Pam Hove)

Playing sand volleyball at 3M, seniors and their friends celebrate their approaching graduation. Volleyball was a common activity at the parties. (Photo by Pam Hove)



Singing their little hearts out, seniors Chris Smith, Mark Harms and Judd Bowman perform. The karaoke machine gave students a chance to show off their musical abilities, or lack thereof. (Photo by Pam Hove)

formal fashions, photos, food and freezing water

Mixing the diamond lights of Scheman with the emerald and gold decor, Prom '94 lived up to its theme "A Touch of Elegance." But the formality of classy tuxes and eye-catching dresses didn't prevent students from having fun.

- "Before prom, I went over to my date's house to take pictures," sophomore Abby Cook said. "His mom made us pose about 100 different ways and just when we thought we were done she said she had 10 more pictures to take."
- Going out to eat before prom was a tradition that didn't die, but menus held big surprises.
- "We went to the Crystal Tree for dinner and I decided to order Roast Long Island Duckling which I had ordered the last time I was there," junior Nick Dau said. "Instead of the fillets I expected and received before, they brought me a huge bird that could have fed a third world country for a week."
- After the tuxes and formals were put aside, students and their dates enjoyed the food and fun the after-prom party offered.
- "The best thing about prom was the after-prom party," junior Tammy Clark said. "For once in my life I actually got to hold \$120,000 in my lucky little hands and gamble legally before the age of 21."
- While many students called it a night after the after-prom party, some continued their fun into the morning.
- "The plan was brilliant. We hid two canoes north of Ames and figured we would have a calm enjoyable ride down to a beach in my back yard where we'd have a small fire," senior John Milleman said. "We had five people in one canoe when (Chris) Wycoff tried to jump from the shore to the canoe. The canoe tipped and (Bryan) Warme went flying into the freezing cold water. Chaos followed as the rest of the girls got drenched. Prom is supposed to be a night to remember and I don't think our dates will forget this one!"

By Tanisha Cosby

Chaos and fun combined made Prom '94 a night to remember
104 • Student Life



Dancing the night away, junior David Millen and sophomore Ashley Grundmann sway in the darkness. Students took breaks between songs to sit down and socialize, as well as eat and drink. (Photo by Becca Stott)

Caught up in the after-prom festivities, sophomore Austin Payne and junior Jennifer Whitehead place a bet. Each student was given play money to gamble with and could then buy prizes with their winnings. (Photo by Alicia Ackerman)



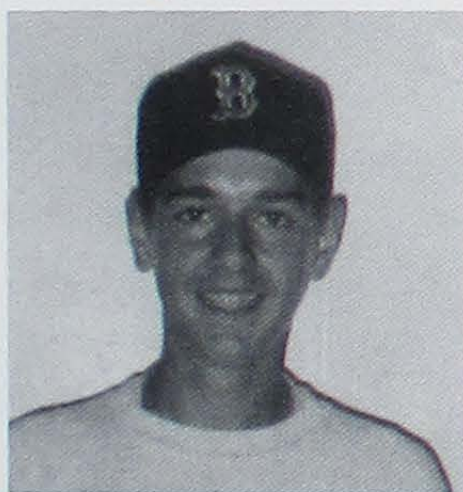


Checking out friends in their finest attire, juniors Emily Bourne and Dan Gardner take a break from dancing to socialize with others. While dancing was a big part of the evening, it wasn't the only thing that made prom unforgettable. (Photo by Becca Stott)

Drawing one of the largest crowds at after-prom festivities was sumo wrestling. Students and their dates could beat up friends and enemies without bloodshed and have a lot of fun in the process.



Do you think prom should be open to all grades?



"No, because prom should be a going-away party for the seniors."

—Kyle O'Riley, freshman



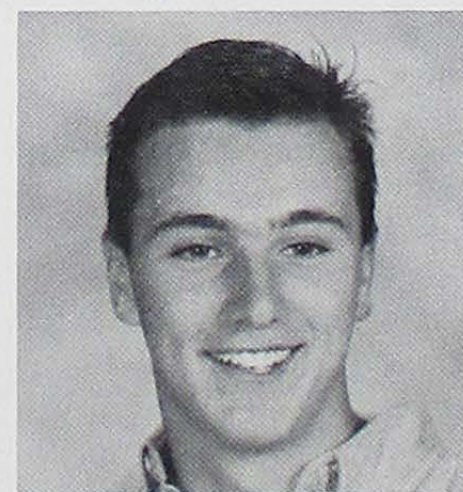
"It should only be open to juniors and seniors because it gives you something to look forward to. Going to prom is a privilege for upperclassmen."

—Ashley Grundmann, sophomore



"Prom should be only for juniors and seniors because it is their last years of high school and winter formal and homecoming are open to all grades."

—Heather Wright, junior



"No, because a lot of freshmen have to be in by 12:00 and may not be mature enough to handle it. Also, their parents would be in the car behind them."

—Matt Farrier, senior

With flower in hand, junior Sara Britson greets Judd Bowman as he comes off stage after receiving his diploma. Representatives from the junior class gave each graduate a congratulatory flower. (Photo by Robyn Berning)



After the commencement ceremony, family and friends of the graduates converge on the floor of Hilton Coliseum to congratulate the new Ames High alumni. (Photo by Spirit Staff)



Addressing his fellow graduates, senior Phil McWaters gives one of the commencement speeches. Seniors interested in speaking at graduation auditioned for and were chosen by the Senior Senate. (Photo by Robyn Berning)



say goodbye to yesterday

Graduating seniors all took part in the same tradition—caps and gowns, speeches, music, diplomas, tears and laughter. But many also experienced

special moments that were personally meaningful. • For some, graduation represented a reward for 13 years worth of hard work. •

"What I'll remember most was receiving my diploma. It signified all I've worked for and brought my high school career to a close," senior Joy Troeger said. • The students' graduation speeches were a time for remembrance and looking ahead to the future, occasionally with humor. • "The best part of the service was the wisecracks about putting up with the teachers. They were so true," senior Todd Borwick said. • Many students found the baccalaureate service the night before graduation a time for reflection. • "The most memorable part of baccalaureate was when a few of the senior girls sang *Bridge Over Troubled Water*. It really related to our high school career—the hard times we had and how we stuck together as friends," senior Stephanie Bulver said. • Many seniors viewed graduation as a time for saying goodbye to the past and looking ahead. • "It was hard to leave behind all of my friends in school. But I realized that I'm going to make so many more friends in college. Graduation seems to be a social transition with many opportunities," senior Chris Smith said. • Tassles left to right, cheers and applause, snapshots and hugs. Then seniors went their separate ways, all in the tradition of old endings and new beginnings.

By Shannon Kenealy

Seniors recognize graduation traditions in unique ways

What was your favorite part of graduation?



"The girl at commencement-
ent tripped getting on
ge. That was the big
highlight."

—Sara Stolmeier, sophomore



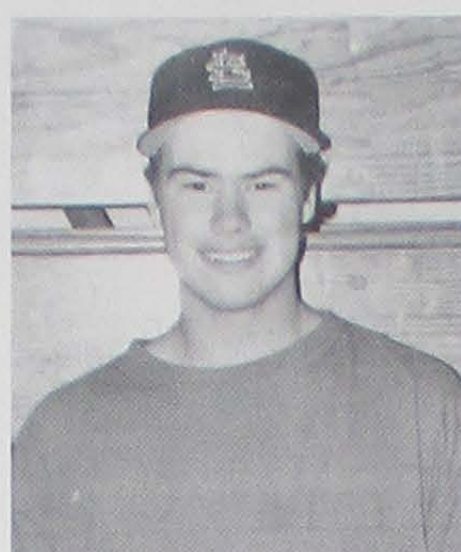
"Getting to say goodbye
to all my friends before
they went their separate
ways."

—Sara Sienknecht, sophomore



"My favorite part of the
service was singing with
the choir as a whole for
the last time."

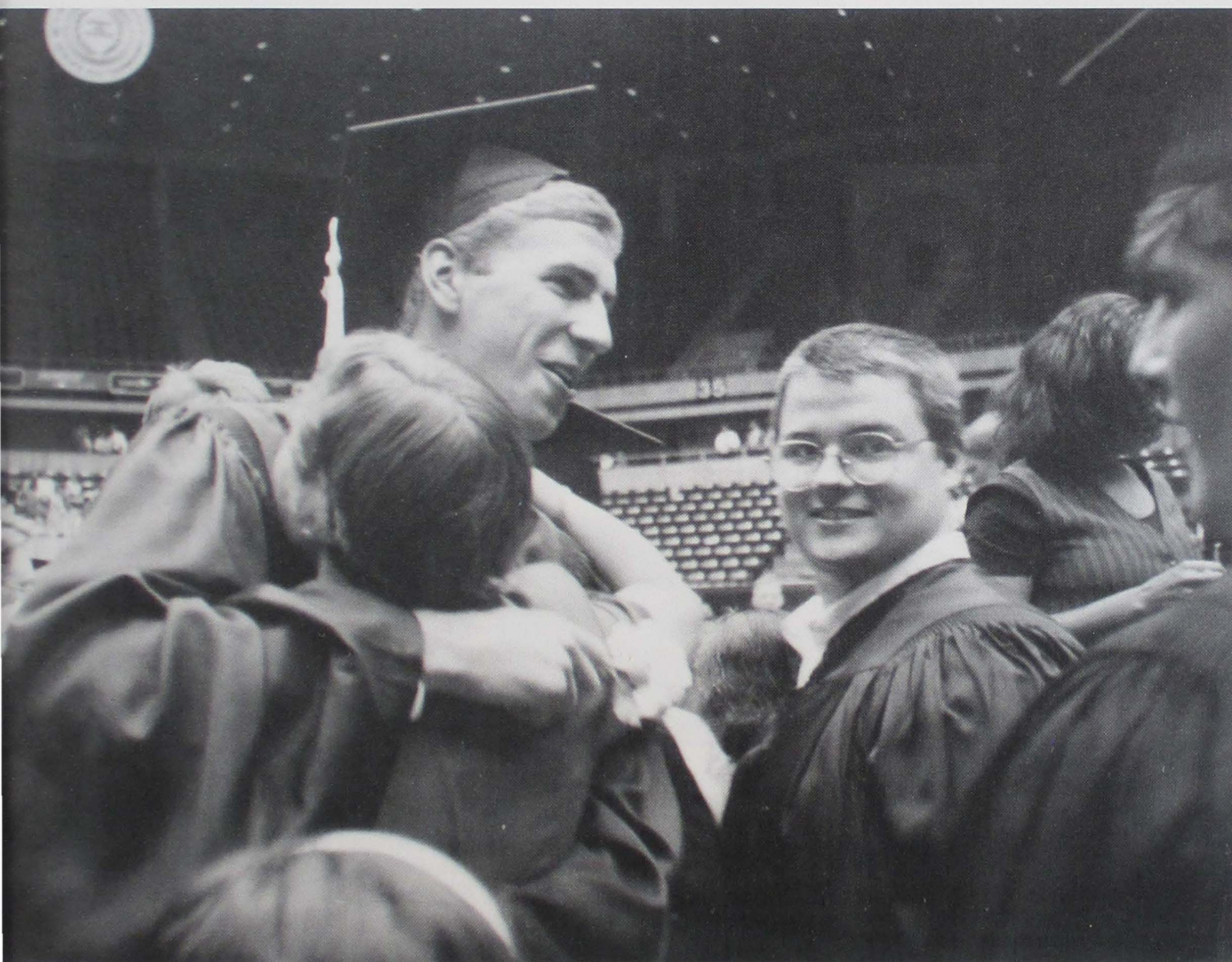
—Jackie Zenor, junior



"My favorite part was the
weeks before when we
got to attend all of the
senior parties and see
our friends one last
time."

—Andrew Potter, senior

Amidst a celebrating crowd
following the graduation
service, senior John
Milleman receives a
congratulatory hug from his
mother. (Photo by Pam
Hove)



Participating in the Iowa Games was rewarding for many students. Freshman Michael Chang receives a first place medal after winning the tennis competition for his age group. Chang played number one singles on the varsity tennis team. (Photo courtesy of Michael Chang)



After raising the most money for the American Diabetes Association, Sally Hartman kisses a pig. The pig is held by junior Cecily Martin, the Story County Pork Queen. (Photo courtesy of *The Daily Tribune*)



What was the most exciting thing that happened in Ames this year?



"Definitely the most exciting thing was the Pink Floyd concert. That was the only really good concert in Ames this year."

—Melissa Lehmkuhl, freshman



"When the Russians came definitely. One of them stayed with my family and it was really fun doing things with them and learning about how their culture is different."

—Rebecca Birch, sophomore



"Veishea was really fun. This year there was so much security around that you didn't have to worry about the riots. The Taste of Vieshea on Welch was a really festive place to be."

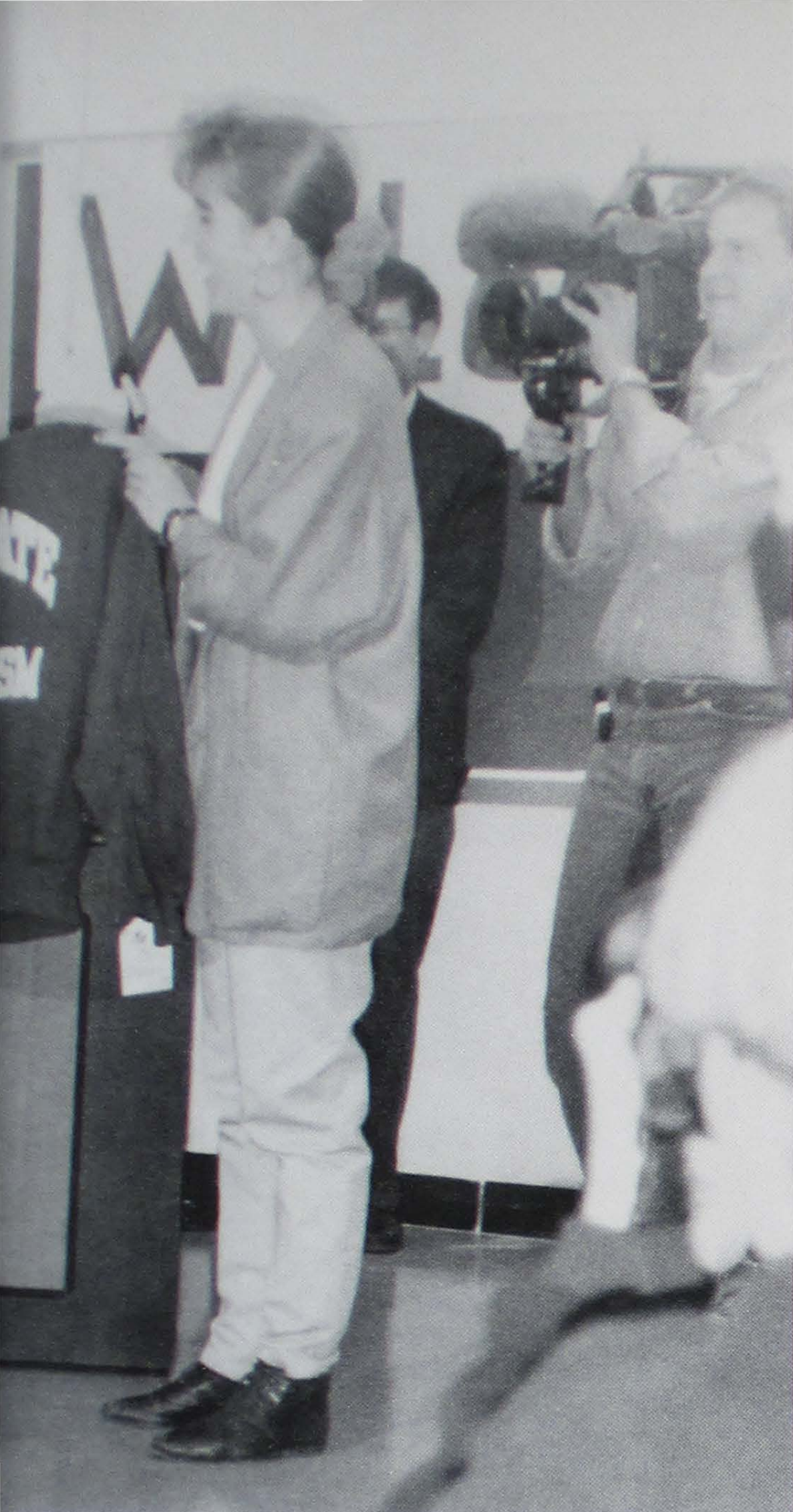
—Charli Engelhorn, junior



"For me personally, it would be graduation. It was really exciting to get caught up in the ceremony as a symbolic movement into adulthood and independence."

—Tom Drewes, senior





During the celebration of his homecoming to ISU, former hostage Terry Anderson accepts an award from an *ISU Daily* staff member. Anderson and fellow hostage Thomas Sutherland spoke at the Memorial Union. (Photo by Jenni Collins)

Lining up swimmers at the Special Olympics swim meet, junior Pam Hove volunteers in Beyer Hall. Hove was one of over 25 Ames High volunteers at the pool that day. (Photo by Jenni Collins)

all the news that fits July—Flood waters rose in Ames and forced many major streets to close. All entrances and exits into the city were sealed off by the waters.

Sixty-nine homes were destroyed, and 14 feet of water filled Hilton Coliseum. • **August**—The Ames Depot was sold to developers for \$10.

The development company planned to remodel the site and make retail stores and office space.

• **September**—Eighteen National Merit Semifinalists, the most in 35 years, were named from Ames High. Seventeen later became finalists.

• **October**—*Expansion Management Magazine* ranked Ames ninth out of 500 large schools it evaluated. • **November**—Voters passed a \$10.7 million school bond referendum, after turning down a \$22 million referendum the previous fall.

• **January**—The Iowa State pep band announced that it would stop playing "Indian Chants" after complaints from Native Americans. • **February**—Big Earl's Too opened as a juice bar. Because alcohol was not served, the bar could provide completely nude dancing.

• **March**—After a lengthy court struggle, the Iowa Board of Regents sold WOI-TV to Capitol Communications. The company fired 20 WOI-TV employees the day it took over. • **April**—Cyclone head basketball coach Johnny Orr announced his retirement. Tim Floyd of New Orleans signed on as his replacement. • **May**—Competitors from around the state poured into Ames to take part in the Special Olympics. •

June—Iowa State hosted the World Finals of Odyssey of the Mind. The four-day event brought over 5,000 people to Ames. Thousands more came in June and again in August for the Pink Floyd and Billy Joel/Elton John concerts at Cyclone Stadium.

Compiled By Jenni Collins

Floods, Tim Floyd and fans made headlines in Ames

As fate would have it...

...Senior Phil McWaters was chosen as one of two students to represent Iowa at the United States Youth Senate program in Washington D.C.

...Twenty-two students made the All-State band, choir, and orchestra.

...Senior Eva Hernandez was one of three Iowa high school students to earn the Governor's Leadership Award.

...Junior Farhang Raaii and senior Mike Shimkus won full tuition scholarships to UNI because of success at a biology competition.

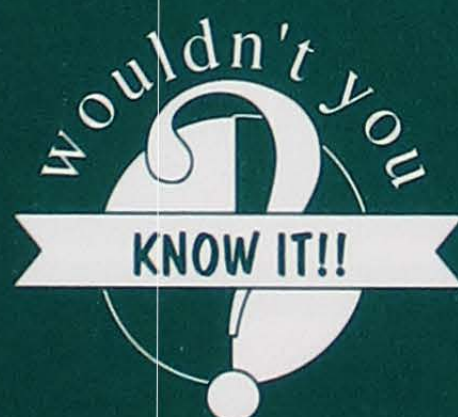
...Junior Elizabeth Andre was named Miss Teenage America out of over 10,000 teenagers.

...Ten Russian students were welcomed into our school and our homes for a month as part of a student exchange program.

As the chaotic mass of bodies skipped, sauntered, and dragged themselves through the hallways of Ames High each day, students constantly searched for their way to stand out from the masses. We gave encouraging support to those who found ways to shine. All 1,377 of us learned to work and play together, because...

destiny brought us Here

By Jenni Collins



Grammy Awards
Song of the year: *I Will Always Love You*
by Whitney Houston
Album of the year:
The Bodyguard

Academy Awards
Motion picture of the
year: *Shindler's List*
Director of the year:
Steven Spielberg

The cafeteria goes
through approximately
625 cartons of milk
per day.

During one day, the
school goes through
about 16 rolls of
toilet paper.

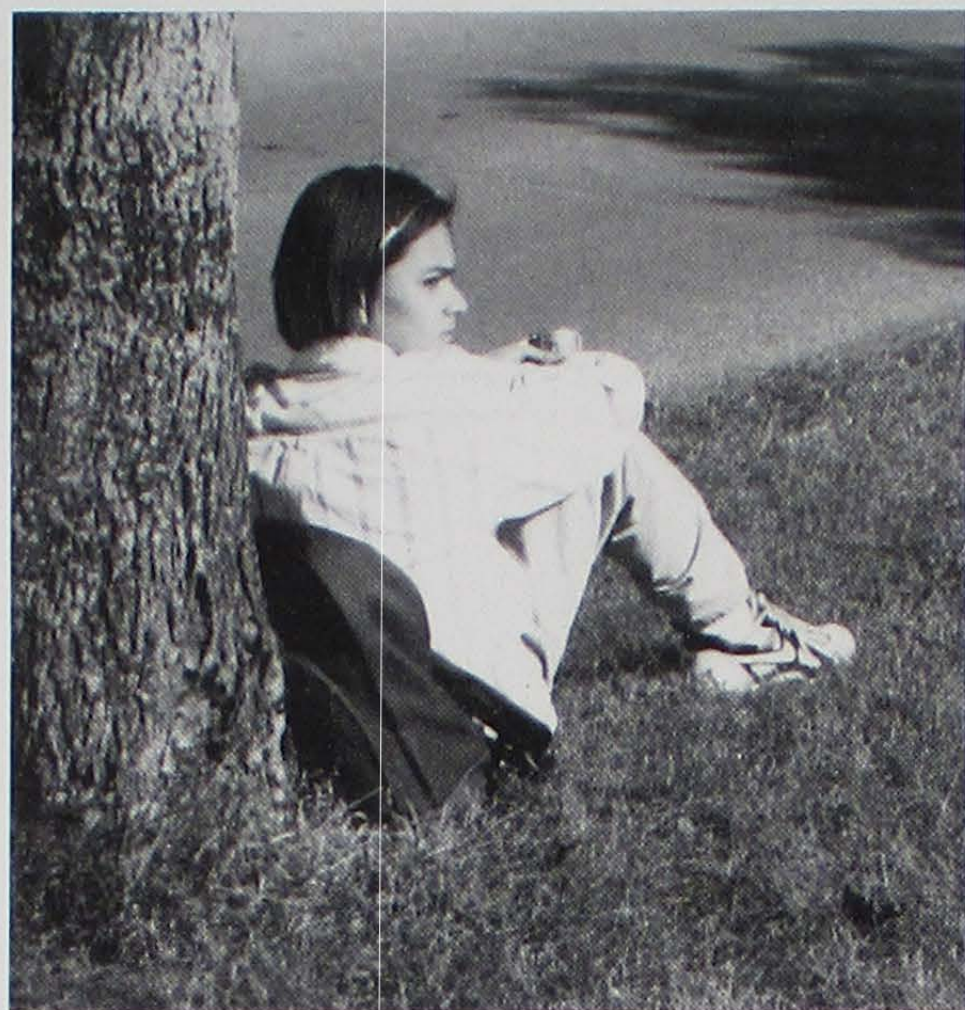




Putting finishing touches on their makeup, sophomore Elaine Serfass, senior Becca Jones and junior Katie Woods crowd around the mirror. They were cast members of winter play *Bury the Dead*. (Photo by Robyn Berning)

Taking advantage of the warm, fall day, seniors Scott Christy, Roland Anderson and Jason Slater play hacky sack in the courtyard. During nice weather, hacky sack was a popular lunch-time activity. (Photo by Alicia Ackerman)

With a can of pop in hand, freshman Hermes Ron-Rodriguez waits under a tree for his bus to arrive. Students without their own transportation were often forced to ride the school bus or Cy-Ride. (Photo by Alicia Ackerman)



Who is the most important person in your life?

"Myself, I'm proud of what I do!"

—freshman Zack Rhodes

"My sister, because when I'm having a bad day she does something stupid and I laugh so hard I cry."

—junior Lindsey Rice

"My mom, because she is supportive."

—freshman Millie Dowling

"My great-grandmother, because I like her a lot and her character is really strong."

—sophomore Emily Myers

"Andrew, my oldest brother, because he influenced every aspect of my life, from music to education

to athletics. He was a person who I could talk to and depend on no matter what."

—junior Jack Liao

"My mom and dad, because they taught me everything I know."

—senior Allison Cooper

"Michael Manning, because he is the world's finest bassist and the coolest guy who has ever existed."

—senior Jason Sturges

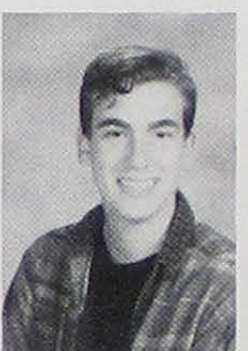
"Me, because if I don't take care of me first I get really screwed up."

—senior Corine Hegland

"My parents, because otherwise I wouldn't be here."

—junior Evan Jeffrey

Rachel Abbott
Angela Adams
Shawn Adams
Andrew Albaugh
Crystal Alford
Brent Antisdell
Ryan Arneson
Luke Ashburn



Melanie Ausborn
Jill Baker
Anne Barnhart
Mindy Bassett
Jason Battles
Catlyn Beach
Peter Beaman
Aminah Beavers



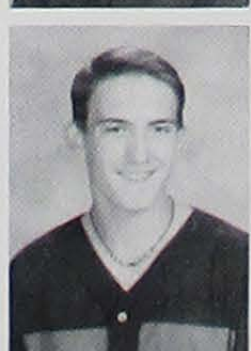
Corey Beck
Laura Beerman
Klint Belz
Barbara Bennett
Jake Bills
Christina Bitz
Matt Boe
Andy Boeelman



Nick Bokhoven
Elizabeth Bovenmyer
Nicole Brandt
Allison Brennan
Crystal Brooks
Ben Brown
DJ Brown
Erin Bryant



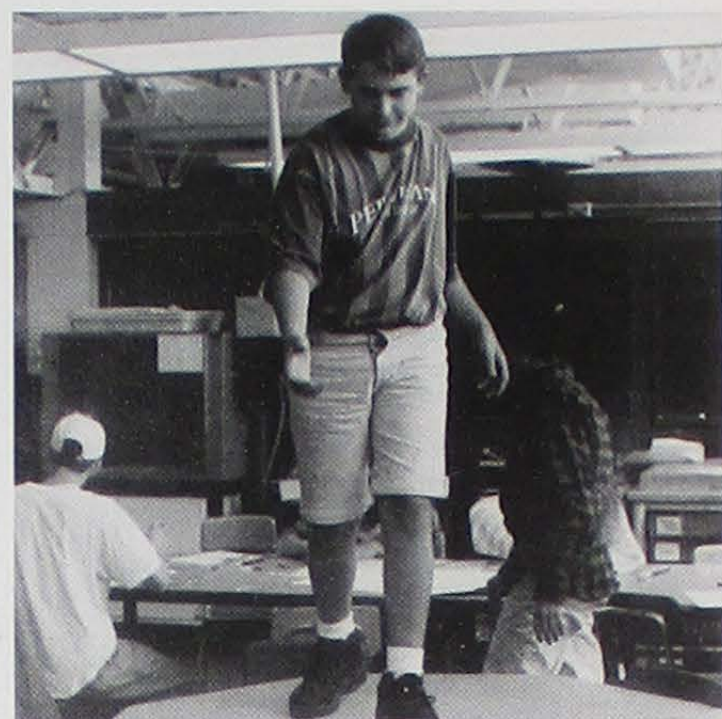
Jason Bullock
D.J. Burgduff
James Burrow
Annie Butin
Brian Cameron
Patrick Camp
Lindsay Carey
Chad Carr





Sitting by the pool before swim practice, freshmen Nicole Shaull and Erin Life discuss the events of the day. The girls often hurried to get ready for practice so that they could have a few minutes to relax between classes and practice. (Photo by Robin Geiger)

"I posed for my art class that day. We were doing charcoal drawings and needed a model," freshman Steve Gartz said. Many students used the art courses to express themselves. (Photo by Alicia Ackerman)



Angie Carter
Jenny Carter
Natalie Carver
Rachel Chacko
Michael Chang
Wen-Chia Chang
Andrew Choi
Bruce Cirkseña

Jennie Clark
Amy Corley
Matthew Corones
Jonathan Coy
Kathy Craig
Kirsten Crase
Jonathan Crawford
Lisa Cronin

Jonathan Crosbie
Emily Dahlgren
Cody Dakan
Ryan Davis
Natalie Deiter
Julie Dickson
Clare Dieter
John Dobbs

Brian Donaldson
Stefanie Donnell
Dana Doran
Jay Dougan
Millie Dowling
Steffi Drewes
Kelly Dunlay
Justin Eckard

Dan Ehresman
Luke Elbert
Krista Elliott
Robin Elwick
Marisa Endreland
William Evenski
Fola Fadeyi
Jalila Faisal

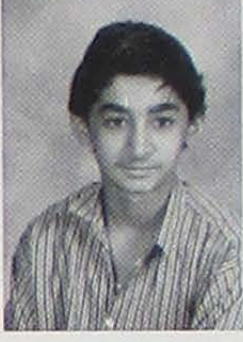
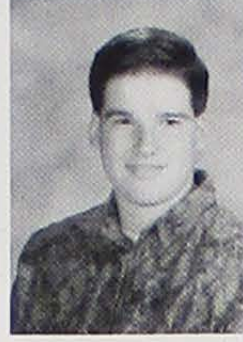
Jefrey Filkmann
Heather Fisher Gray
Brian Fliehler
Dan Folkmann
Beth Foote
Jason Foster
Tyler Fraser
Michelle Gano

Steve Gartz
David Geiger
Dan Genalo
Missy Genovese
Dan Gilloon
Jean Gladon
Rebecca Glatz
Sean Gleeson

Shannon Goldman
Brian Good
David Goodfriend
Christine Goodrich
April Goodwin
Ryan Greenlaw
David Hall
Ezra Hallam

Drew Hamilton
Hosanna Hanson
Jake Hanson
Usman Haq
Emily Harris
Anthony Hartman
Emily Hausner
Emily Hawkins

Ryan Haynes
Nate Heaberlin
Robbie Heiberger
Eileen Heideman
Paul Henry
Joe Hentzel
Heather Herold
Alan Hertz



What recurring dreams do you have?

"The KFC guy wants to take me to Lake Edna."

—sophomore Irran Fernandez

"I fall off a cliff and when I get to the bottom I'm falling out of bed."

—freshman Ryan Kelly

"Two weeks before school starts I dream that I went to school and forgot to buy school supplies."

—senior Mark Harms

"The Indigo Girls are playing at the M-Shop."

—senior Corine Hegland

"My mom gets chased by a buffalo down an alley."

—senior Marnie Anderson

"I have to count to a certain number and this guy is going to kill me if I don't."

—sophomore Emily Silet

"I'm being chased by a person in an old house in a forest."

—freshman Annie Butin

"When I was a baby they put me in a mailbox and a car crashed into it and the mailman came and took me somewhere cold."

—freshman Bobby Ross

"I kept getting kidnapped over and over again by a guy that looked like the Ultimate Warrior."

—sophomore AkashGiri





Nick Hetzel
Heidi Hickman
Max Andrew Highland
John Hinrichsen
Troy Hofmockel
Andrew Hoiberg
Patrick Holder
Trevor Hopper

Natarsha Horton
Jullian Hovatter
Adam Huffman
Travis Huiatt
Meghann Hunt
Becky Hunter
Nathan Hutto
Thoi Huynh

Eleanor Jensen
David Jeong
David Joens
Kayla John
Amy Johnson
Erin Johnson
Adam Jonas
Mike Kadolph

Barbie Kamm
Katrina Kaplan
Kiley Kaufmann
Keith J. Kelley
Ryan Kelly
David Kinley
Melissa Kinyon
Sensak Kiojai

Ellen Kitchell
Toby Knapp
Uri Kogan
Dim Kostic
Priya Kothari
Elisabeth Kracher
Cheri Kruger
Edwardo Kumbier



Getting ready to leave the school, freshman Nate Heaberlin is about to take off on his moped. Heaberlin rode his moped to and from school during nice weather. (Photo by Pam Hove)

When they couldn't play hockey at the ice arena, many students gathered at Inis Grove Park to play street hockey. Freshmen Luke Ashburn and Brad Payne fight for possession of the ball. (Photo by Pam Hove)

What's your favorite clothing brand?

Males

Levis - 26%
Nike - 14%
Pepe - 14%
Other - 46%

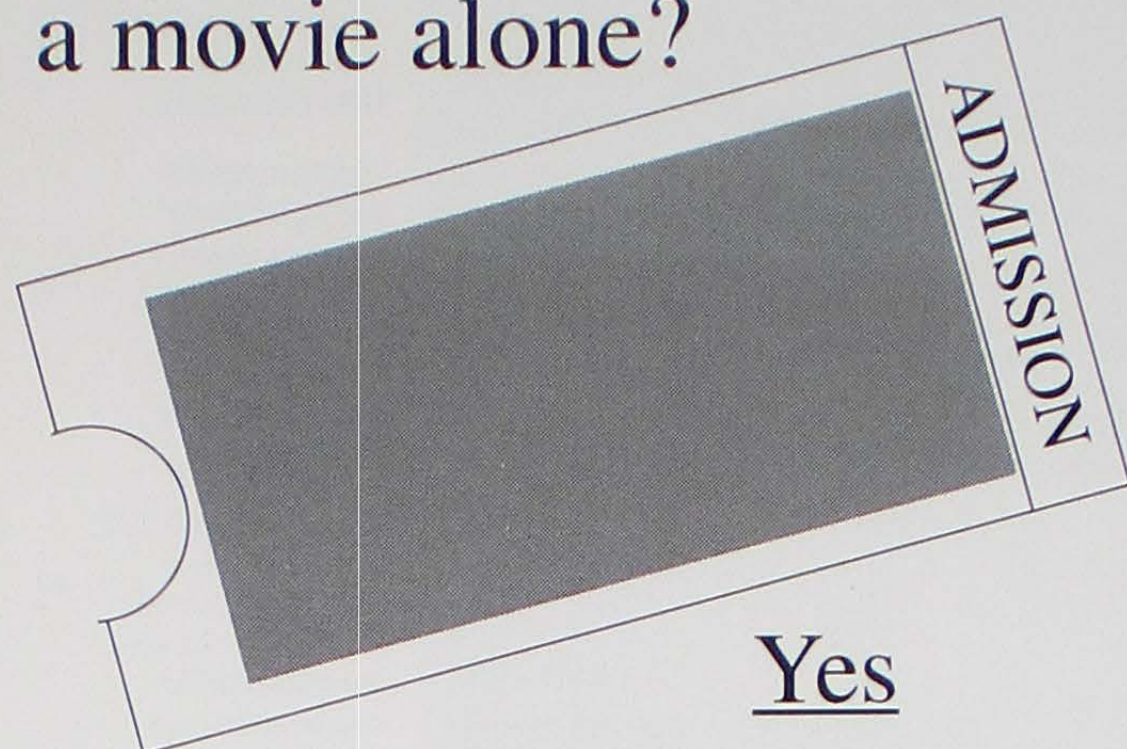
Females

Gap - 23%
Levis - 18%
Girbaud - 15%
Other - 44%

150 students surveyed

By Leah Mills

Have you ever gone to a movie alone?



Yes

	Females	Males
9	6%	22%
10	9%	17%
11	29%	11%
12	0%	30%

By Leah Mills

Making her way through the donut line, freshman Lindsey Litchfield fills her plate. Litchfield's Foods and Nutrition I class won a party from a speaker who visited the class. (Photo by Robyn Berning)

Staring into the display case in the hallway, freshmen Karina Nelson and Robin Elwick attempt to find the objects in the holograph poster. The display featured goods from different merchants every month. (Photo by Robyn Berning)



Vanessa Kuo
Eric Lambi
Jonathan Lara
Adam Larson
Jee-Hye Lee
Melissa Leek
Harley Leeps
Melissa Lehmkuhl



Jenny Lescalet
Bess Lewis
Erin Life
Jason Lippard
Lindsey Litchfield
Naomi Lohr
Lucas Longman
Jeff Lubow



Maryann Lynch
Matt Maixner
Gavin Martin
Jessica Martin
Chris Marty
Melissa Maxwell
Andy Maysent
Kristi McConnell



Shawn McCormick
Emily McElroy
Bryan McGeeney
Jason McNertney
Melanie A. Mickelson
Cassandra Miller
Eric Miller
Shantel Miller



Samantha Mills
Jon Minion
Emily Mize
Jon Moore
Michael Morain
Chad Mortensen
Irina Mosesova
Trey Myers





If you could wake up in anyone else's body, who would it be?

"Minnie Mouse—because Mickey's a nice guy."

—freshman Jennifer Peyser

"Robert Plant—because he's really awesome."

—junior Laura Peterson

"Richard Gere—because he's married to Cindy Crawford!"

—sophomore Mark Bailey

"Marla Maples—because she just married Donald Trump and is set for life."

—senior Angie Davis

"Oprah Winfrey—because she gets to say whatever she wants on TV."

—freshman Natarsha Horton

"My cat—because all he does is sit around and sleep all day."

—senior Derek Shonrock

"Marge Simpson—'cause she has cool hair!"

—sophomore Ellie Palmas

"A chameleon—because that way people would never know where I really was."

—senior Elizabeth Welch

"Christ—because perfection is something I strive for in my personal life."

—junior Andy Johnson

"Robert Frost—because he was a poetic genius."

—senior Scott Allen



Erin Naeve
Matt Nelsen
Karina Nelson
Lori Newhouse
David Newton
Travis Nichols
Ben Noland
Melody Noling

Mark Nutter
Kenneth Okiishi
Julie Ollila
Karen Olson
James Opheim
Kyle O'Riley
Beth Orning
Mark Osam

John Oshel
Rennesa Osterberg
Todd Palo
Brett Pantenburg
Jeremy Parks
Megan Parrish
Nishan Parulekar
Nicole Paulson

Brad Payne
Lindsai Peters
Debra A. Peterson
Jenny Peterson
Jennifer Peyser
Melissa Poague
Jessica Pohlman
Kristi Powell

Josh Prins
Nick Propes
Carrie Pyle
Ronda Qvale
Ryan Rathert
Jason Rearick
Shaun Repients
Zack Rhodes

Cassie Rice
Colin Richardson
Nicole Richardson
Erica Riedesel
Shana Rininger
Ally Rippke
Heather Risse
Eric Roark



Adina Rollins
Ajax Ron-Rodriguez
Hermes Ron-Rodriguez
Bobby Ross
Ryan Ross
Leah Rudolphi
John Russell
Matt Sanache



Jennifer Sargent
Kristina Savovski
Nick Schmerr
Marc Scholten
Jon Schroeder
Aaron Schropp
Stephanie Schubert
Evan Scott



Mindy Seals
Ryan Seaton
Nicole Shaull
Matthew Shimkus
Sung Shin
Travis Shore
Kristen Shrader
Carrie Shuck



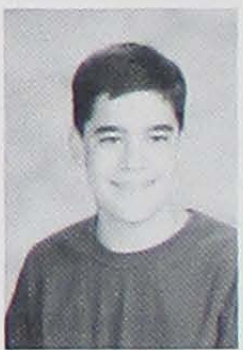
Carrie Shupp
Paul Sibbel
Sara Siebert
Joe Simons
Eileen Sippel
Joe Skluzacek
Joel Skrdla
Jake Sloan



Dan Slutzki
John A. Smetak
Arnie E. Soden III
Alyssa Speck
Joseph Stansbery
Sam Stanton
Brian Starrett
Ariane Steffan



Megan Stephenson
Jenni Stevenson
Scott Stevermer
Michelle Strong
Aaron Sundstrom
Amy Swank
Mary Swanson
Brad Sydnes



Parisa Taravati
John Taylor
Carrie Tett
Nicki Thiede
Christopher Thompson
Michelle Thompson
Nicole Thompson
Jon Titus



June Tolle
Chris Tomlinson
Julie Tosten
Nga Tran
Frank T. Trumpy
Mike Turner
Chris Tuttle
Angela Umbaugh



If you wanted to look sexy, what would you wear?

"I'd wear a long velvet dress with a slit up the side and spaghetti straps."
—sophomore Heidi Kubera

"I'd wear a sexy necklace."
—freshman Jill Hovater

"I'd wear a speed-o, a bow tie, and some cowboy boots."
—junior Jason Ryan

"I'd wear some skimpy, silk panties and a man's silk shirt, unbuttoned half way."
—senior Daniela Williams

"I'd dress like I do every day for school, 'cause that is very sexy!"
—senior Mike Shimkus

"I'd wear bright red lipstick, erotic perfume, and a short, lacy, black dress."
—junior Sarah Fisher

"I'd wear cowboy boots, a cowboy hat, and nothing in between."
—freshman Matt Welser

"I'd wear a button-down shirt, part way undone to show off my chest."
—sophomore Dan Alexander

"I'd wear black sheer stockings with a garter belt and a silk dress."
—senior Aschleigh Jensen-Eldridge

"I'd wear a hair net and an apron like when I work."
—senior Erin Ross

Not Pictured

Omar Abbasi
Matt Bryant
Craig Carlson
Nathan Cook
Bryan Dean
Johanna Dobbs
Jeff Folkmann
James Gubbins
Christy Heggen
Jaimie Hemann
Nate Jones
Derek McClan
Abdul Nuhu
Nola Jean Pitts
Racheal Pleasants
Jon Runner
Courtney Wirtz



Kelly Umbaugh
Lori Van Hoff
Amy Van Slyke
Andrew Vardeman
Carrie Wagner
Taz Wagner
Jill Watson
Josh Watts

Matt Wee
Erica Wehner
Beth Weitzel
Elizabeth Westgate
Dusty Wetzel
Matthew White
Erick Wick
Stephanie Wiegand

Jessi Wilhite
Greg Willard
A.J. Wilson
Jack Wilson
Jocelyn Wilson
Cory Wipf
David Wise
Elton Wong

Austin Woodin
Jace Woodley
April C. Wright
Stephanie Wycoff
Andrew Yee
Nicole Young
Jakub Zak
Kara Zeimet

Susan Ziegler
Dan Zimmerman

While teaching the second grade Sunday school class at Bethesda Lutheran Church, sophomore Sara Chaplin reads to one of the students. Chaplin taught the class with sophomore Angie Gabrielson. (Photo by Pam Hove)



What do you fear the most and why?

"I'm scared of clowns ever since I saw the movie *It*, with Pennywise the clown, because the clown went around ripping little kids' arms off, and killed them."

—senior Suzanne Dietz

"I fear the unknown. What will happen to us after we die? Where will we go? Is there an after-life?"

—sophomore Alienor Gilchrist

"Chem eighth period. For the past three years I've seen seniors wandering dazed from eighth period chemistry, muttering 'I thought I knew it....' Now it's my turn."

—senior Corine Hegland

"Death scares me even though I know it shouldn't. It scares me if there is no heaven, then I'll just be dead."

—freshman Ryan Haynes

"Having to go to high school more than four years, because it's too confining and superficial to spend more than four years in."

—sophomore Emily Dobbs

"I'm afraid of dying in school because if I had a seizure, I'm afraid that people will think I'm faking it and won't help me, so I'd end up dying."

—senior Daniel Redmond

Rufaida Abbasi
James Abbey
Nicole Achter
Alicia Ackerman
Daniel Alexander
Chris Allen
Marlana Anderegg
Jennifer Anderson

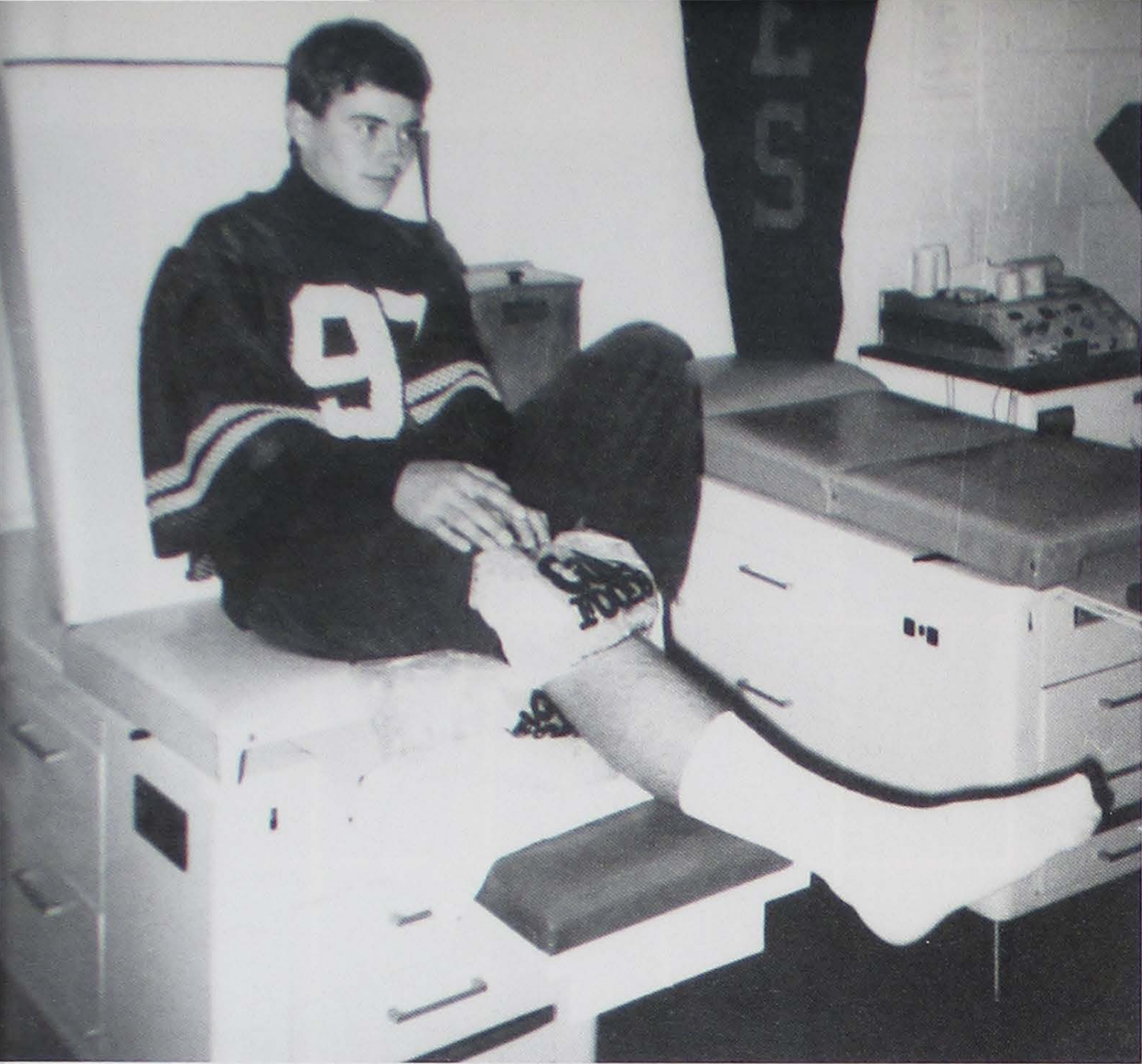
Kevin Anderson
Laurie Anderson
Ross Anderson
Jeff Angus
Chris Anthony
Dustin Avey
Mark Bailey
Jared Baker

Kerrie Irene Bald
Matt Ballantine
Chris Bartine
Jimmy Bates
Adam Baumeister
Matt Beaulieu
Kara Belz
Jeremy Bents

Jeff Besser
Laura Biechler
Marnie Bigelow
Rose Bills
Nathan Bilyeu
Rebecca Birch
Andrey Bittner
Chris Blazek

Suzanne Block
Adam Born
Jerome Bouillon
Sarah Brcka
Stephanie Brennan
Rick Brown
Palanda Brownlow
Khara Burlingame





Iceing his knee before football practice, sophomore Jeremy Bents waits for the swelling to go down before a trainer wraps it. Many members of the football team were plagued by ankle injuries caused by the turf at Cyclone Stadium. (Photo by Robin Geiger)

During a varsity basketball game, sophomore Allison Hefley and junior Melinda Hefley check out the concession stand. Home games and meets were cheap entertainment for those who bought the \$25 activity tickets during registration. (Photo by Pam Hove)



Julie Byers
Steve Cable
Brian Caldwell
Janice Carney
Cass Carson
Nathan Casey
Tracy Catron
Christopher Chang

Steve Chang
Sarah Chaplin
Carrie Christianson
Cassie Clyde
Aaron Coats
Paul Cockayne
Sevond Cole
Doug Conley

Abigail Cook
David Cook
Shawn Crowley
Karena Cruse
Sara Cummings
Matt Curran
Chad Curtis
Brian Dane

Carolyn David
Brad Davis
Tuhina Dayal
Jesse Deardorff
Justin DenAdel
Mark DePristo
Chris Devens
Kate Dobberke

Emily Dobbs
Jessica Dobbs
Ryan Dodge
Joseph Donaldson
Cale Doyle
Joel Dunmire
Laura Dunwell
Lindsey Eischen

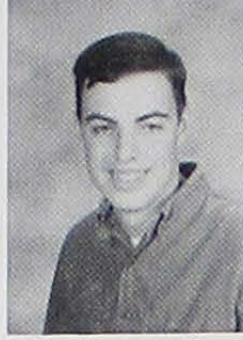
J.C. Elbert
Jairus Ely
Joe Emiola
Brooke Engeman
Robyn Epstein
Jamie Essick
Laura Evans
Andre Fagundes

Marcelo Fagundes
Jennifer Fairchild
Melissa Fatland
Irran Fernandez
Dan Fincham
Jeff Fisher
Tim Flemmer
Ben Fowles

Greer Freeburg
Kyle Frizzell
Danielle Fultz
Angie Gabrielson
Scott Gibson
Alienor Gilchrist
Akash Giri
Lisa Glantz

Ben Godar
Melissia Goehring
Kelly Good
Jamey Grady
Dustin Graham
Abby Grebasch
Jenny Greenfield
Ashley Grundmann

Gretchen Guffy
Sarah Hagge
Hiland Hall
Jennifer Hallihan
Alan Hardy
Brooke Harker
Dion Harmon
Andy Hatfield



If you could change one thing about AHS, what would it be?

"Fix the holes in the gravel parking lot and expand the concrete one."

—senior Debbie Katz

"Allow sophomores to drive to school and park in the parking lot."

—sophomore Ben Spike

"Down with the hall monitors!"

—junior Eric Lehmkuhl

"I wouldn't know what to change, because we have it so much better here than the school I visited last year in Australia."

—senior Beth Titus

"They should get rid of all candy sales in groups because it disrupts classroom behavior."

—junior Matthew Prins

"Closed-minded people."

—junior Nathan Adair

"They should mix students from all grades into classes together, because I really like the opportunity to meet upperclassmen."

—sophomore Lynn Summers

"They should allow us to talk to our friends and walk around in study hall. Being able to eat would be nice too."

—freshman Patrick Camp

"Have sophomore free periods."

—sophomore Kyle Frizzell

"Allow students to create their own curriculum."

—senior Jason Slater





Elizabeth Hathaway
Kristina Hawbaker
Andrea Hawkins
Matt Healy
Tony Hefflefinger
Allison Hefley
Tanner Hensley
Jacob Hiatt

Gregg Hoenig
Chris Hoffman
Angela Hoffmeyer
Blaine Hofmocker
Katherine Holger
Gina Hopper
Jaime E. Horst
Darci Horton

Meridith Horton
Yi-Ju Hou
James Hougham
Laura Howard
Andrea Hugdahl
Lori Hunger
Michelle Hunziker
Nate Hutchison

Justin Hyde
Soung Hee Hyun
Allyssa Immel
Patrick Inglett
Emily Jahr
Evan Jeffrey
Nathan Johansen
Chris Johnsen

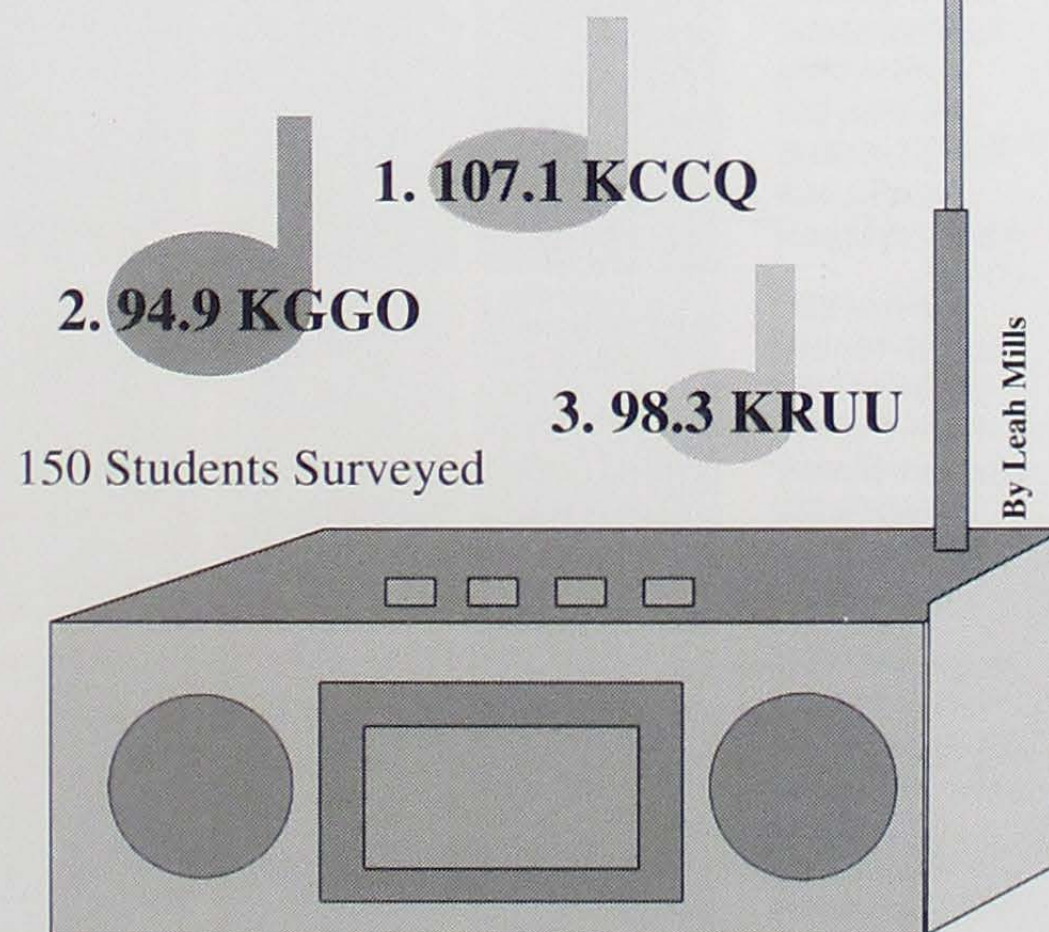
Bryce Johnson
David Johnson
Dan Johnston
Zach Kellen
Jessica Keller
Deanna Kepley
Chip Kihl
Soo-kyoung Kim



Pep band members showed their spirit at the bonfire the night before the homecoming game. Sophomore Nathan Johansen keeps a beat on his snare drum. The band performed at many sporting events and pep assemblies. (Photo by Robyn Berning)

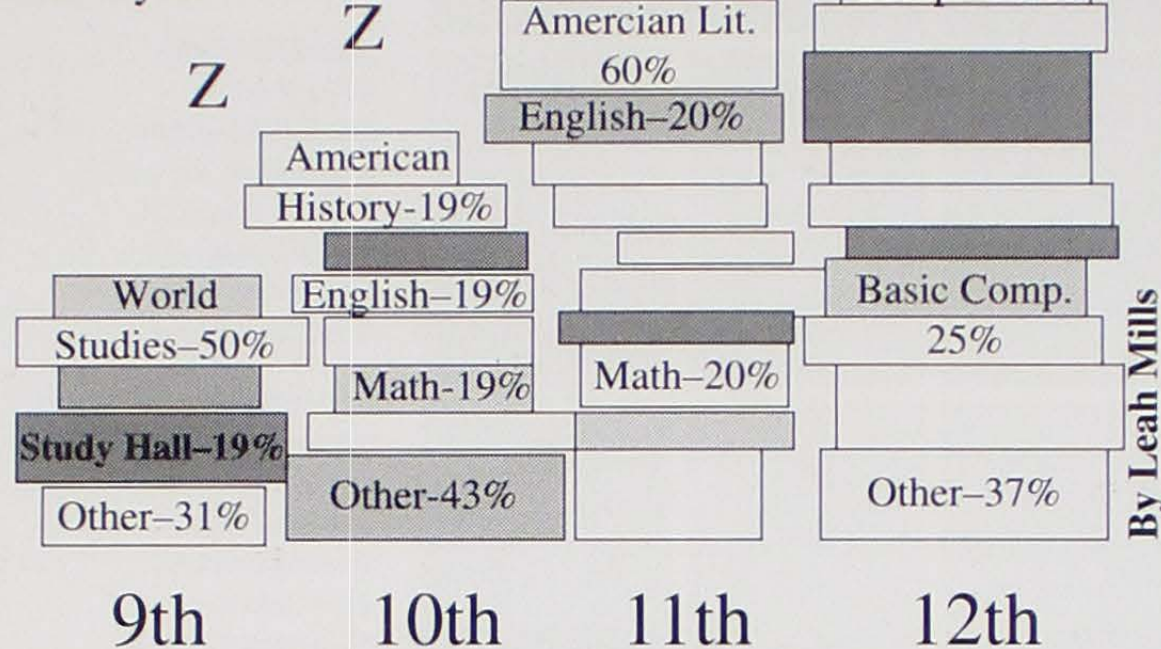
At a Halloween party, sophomores Andrea Hugdahl, Sarah Chaplin, Cass Carson, Tuhina Dayal, Marlana Anderegg and Sonia Panigrahy feast on snacks. Costumes ranged from the ultimate reggae fan to the grim reaper. (Photo by Leah Mills)

What is your favorite radio station?



In which class do you fall asleep most?

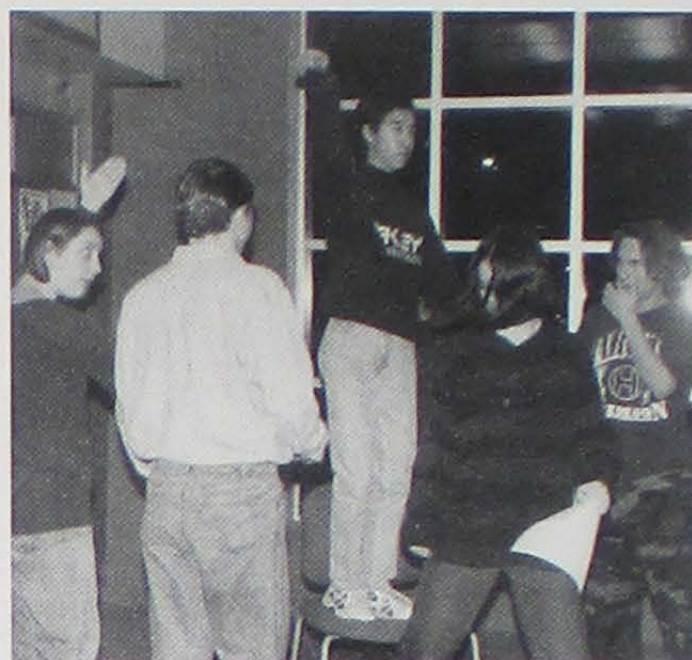
150 Students
Surveyed



By Leah Mills

In the homecoming spirit, sophomores ride on the float they built during the parade. The float was built at class sponsor Leslie Maze's house, and it placed second behind the seniors' float. (Photo by Mindy Cooper)

Rehearsing a scene from *A Midsummer Night's Dream*, sophomores Allison Hefley Matt Healy and senior Andy Vogel prepare for the one-act competition for district speech competition. The group got a I at districts and a II at the state competition. (Photo by Pam Hove)



Lizza Kindred
Mike Kiner
Courtney King
Michelle Klatt
Heather Kliebenstein
Kristy Knapp
Paige Knutsen
Jeff Koch

Josh Krein
Robert Krogmeier
Adam Kruger
Laura Krumm
Heidi Kubera
Jason Kugler
Sara Lang
Xue Li

Steven Li
Joel Lingelbach
Tony Lombardo
Ryan Long
Shannon Lott
Kathy Loveland
Moses Lueth
Suzie Lustgraaf

Annelise Lutz
Rebecca Madsen
Elitza Markova
Kathy Marvick
Elizabeth Matney
Bill McDuffee
Eddie McElvain
John McGee

Maggie McGrigg
Nathan McKern
Emily McMullen
Jose McPherson
Chris Meyer
Keyea Meyer
Naila Meyers
Brandon Miller





Would you rather be blind or deaf?

"Deaf. So I can see and I don't have to use a cane or a dog."

—freshman Matt Boe

"Deaf, because otherwise I wouldn't be able to see my beautiful face in the morning."

—sophomore Megan Upchurch

"Deaf. How else could I watch *Sid and Nancy* 19 times?"

—junior Megan Geha

"Deaf because you could still see things and communicate with people, and if you were blind you couldn't."

—junior Heather Wright

"I would rather be deaf because I don't think I could go around the

world and not know what it looks like, but I could definitely go without all the bitchin' people do."

—sophomore Porshia Smith

"I'd rather be deaf because I could see the beauty of the world, and I wouldn't hear the ugly things."

—senior Micah Abel

"Blind because if I was deaf, I couldn't experience music."

—senior Courtney Padgitt

"I would rather be deaf because I'm an artist, and if I was blind, it would be a nightmare."

—senior Matt Gallahan

"I'd rather be deaf so I could use my hands for crafty arts."

—junior Jason Ryan



Brett Miller
Lauren Miller
Symantha Miller
Leah Mills
Steve Mills
Jason Minion
Holly Mitchell
Ujjaini Mitra

Ben Moehlmann
Sommer Mohs
James Dustin Morrison
Rick Morrison
Heather Moyer
Julia Muljadi
Jill Muller
Cindy Murra

Bryan Myers
Emily Myers
Robert Nelson
Justin Nemitz
Abdul Nuhu
Meghan O'Neill
Amy Olson
Brad Osmundson

James Otto
Lisa Ottoson
Noelle Padgitt
Gabe Padilla
Glen Pak
Ellie Palmas
Sonia Panigrahy
Jill Pattinson

Matt Paulson
Wes Payeur
Austin Payne
Emily Peck
Bill Pendry
Anne Peterson
Christine Peterson
Matt Peterson

Melissa Peterson
Kerry Phillips
Dan Pollard
Trisha Popelka
Matt Pyle
Jamie Quamme
Josh Raines
Arun Ramabadrnan



Evelyn Ramirez
Michael Recker
Jeremiah Redmond
Jonathan Reed
Jennifer Rehbein
Amber Remsburg
Gabe Richards
Ryan Ridnour



William Ridnour
Carisa Ripley
Charity Roberts
Michelle Roberts
Amy Rohden
Evan Rosenberg
Missy Roth
Jacob Rudolphi



Erika Saari
Melissa Sampson
Blair Schilling
Robin Schinnow
Marty Schmerr
Ben Schmitt
Nathan Schrad
Jessie Schram



Cory Seaton
Elaine Serfass
Loren Serfass
Abbe Shapiro
Sabrina Shields
Adrienne Shrader
Adam Shriver
Sarah Sienknecht



Phoebe Silag
Emily Silet
Sara Skahill
Audra Slocum
Matt Smelser
Amalia Smith
Amy Smith
Porshia Smith



Jason Sorenson
Victor Soukoulis
Chad Spencer
Ben Spike
Ben Stahly
Maggie Staudt
Joe Steenhoek
Megan Stegge



Paul Stewart
Sara Stolmeier
Chris Strasburg
Tony Streigle
Jane Suh
Lynn Summers
Jimmy Sundquist
Angela Terrones



Nathan Terry
Ryan Tesdall
Brady Thomas
Brooke Thomas
Elizabeth Thompson
Jeremy Thompson
Scott Thompson
Denna Todd



If you went to a beach and discovered it was a nude beach, would you stay and go swimming naked?

"No, because I sunburn easily, and there are just some parts of the body that you wouldn't want to sunburn."
—junior David Good

"I'd find myself a towel and a Polaroid."
—freshman Travis Nichols

"Yes, because I think the human body is something to be marvelled at; it is a masterpiece of art and is not to be hidden."
—junior Ruby Hsu

"Yes, but only if I had sunscreen."
—sophomore Darci Horton

"Yes, because I want to see if leeches would suck my butt."
—senior Ben Lewis

"No, because I don't feel that I'm the type of person to go strutting around naked."
—sophomore Allison Hefley

"Of course I would! Do I care if people see me naked at a nude beach where everyone else is naked?"
—senior Scott Christy

"I'd sit in the parking lot with my binoculars!"
—junior Carey Wagner

"I wouldn't care— sure, people would look, but I wouldn't see them ever again anyway."
—senior Rachel White

"Yes, because the embarrassment would last only a few minutes, but the memories would last a lifetime."
—junior Andre Darlington

"Probably, because if no one else is ashamed to be naked, why should I? There's safety in numbers when you're all naked."
—senior Erin Ross

Not Pictured

Charlie Brown
Nicole Cooper
Adam Dutton
Kurt Estes
Nichol Fraser
Karyn Jetter
Roger Krein
Tanisha Lewis
John McGee
Theodore Murdock
Amy Odom
Bouaphanh Phompheng
Mike Popelka
Michael Shaw
Maggie Staudt



Stefanie Toftey
Matt Uemura
Megan Upchurch
Shannon Valline
Nathan Vander Schaaf
Anneke van der Valk
Jon Vandewater
James VeVerka

Vandy Vongsaly
Donetta Wanatee
Melanie Westerberg
Doug Westvold
Jennifer Whalen
Alicia White
Travis White
Aaron Whiteford

Thulitha Wickrama
Nora Wilson
Ginny Wilson
Graig Wipf
Emily Woline
Stephanie Wombacher
Tammy Wood
Jared Wright

Qian Xi

During a Survey of Physics lab experiment with Dr. Mike Petersen, junior Zhaia Wineinger and others gather data. Petersen did a motorcycle lab with the students each year as part of their study of motion. (Photo by Robyn Berning)



What is the impossible?

"A fingernail polish that stays on for weeks without chipping or cracking."

—Junior Amy Stoeffler

"People at Ames High being able to mind their own business instead of minding mine."

—junior Nicole Evans

"A guy that doesn't have sex on his mind all the time."

—junior Kristy Jones

"To have my band practice and not be shut down by the police."

—sophomore Steve Cable

"The only things that are impossible are the things you don't believe in; like math."

—senior Amy Jo Brown

"Doing all the stuff it says in the health book."

—sophomore Angie Gabrielson

"Finding a pair of jeans that fit right."

—junior Jennifer Stalheim

"Asking a person without legs to get up and walk."

—sophomore Jose McPherson

"My little brother not bothering me for 24 hours."

—freshman Adina Rollins

"To get close to Nicole Shaul's time in the 100 breast stroke."

—sophomore Karina Nelson

"To get to class on time."

—senior Hank Evans

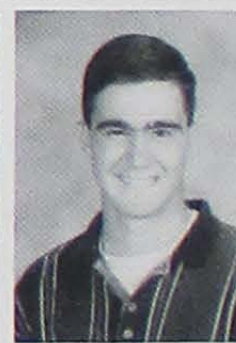
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William Anderegg
Julie Anderson
Elizabeth Andre
Aaron Ashley
Tessa Aurand
Ben Banker
Edward Bappe



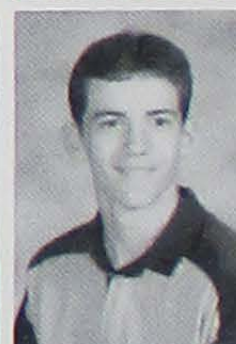
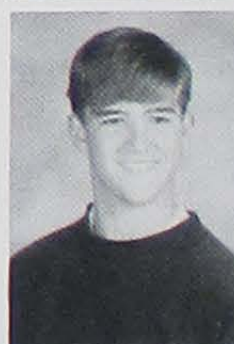
John Baty
Devin Beerman
David Begg
Laura Bendig
Jenny Bennett
Jamie Berg
Robyn Berning
Ali Best



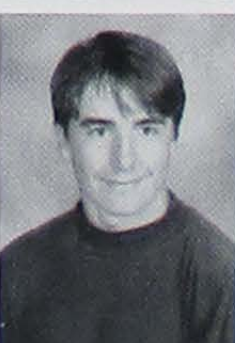
Collette Best
Charles Bibilos
Megan Biggerstaff
Lisa Biggs
Jenny Bilskie
Brett Blackwelder
Adria Booth
Emily Bourne



Darla Bovee
Chandra Brace
Sara Britson
Andy Brock
Brad Brouard
Travis Brunner
Diana Bryant
Johnathan Burns



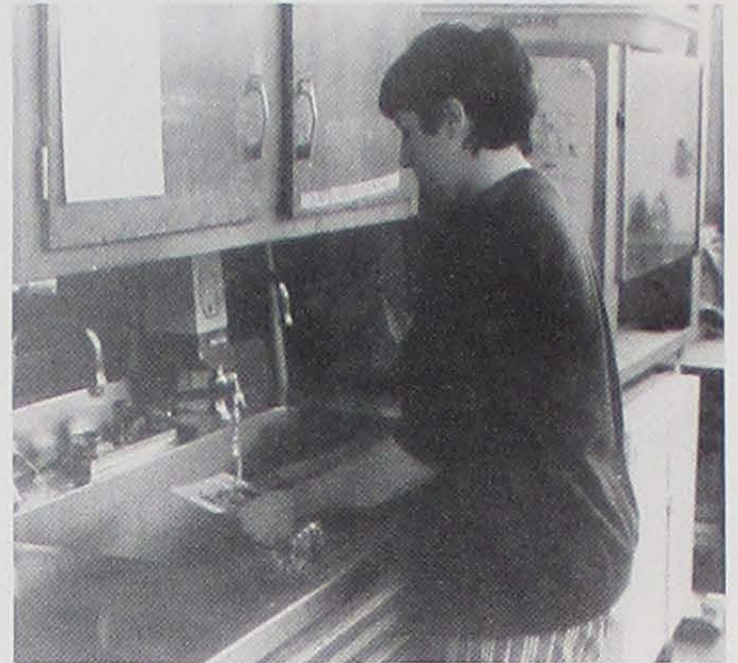
Vanessa Burrier
Kelly Burton
Simon Campbell
Tisha Campbell
Derek Carmichael
Becky Chacko
Wen-Yen Chang
Nels Chapman





Relaxing before his cross country race, junior Nick Dau tries to prepare mentally for his run. (Photo courtesy of Beth Myers)

During her Photography II class, junior Megan Geha washes off a print. Photography students were expected to turn in their best print once a week. (Photo by Alicia Ackerman)



Henry Chen
Janna Cheney
Adam Choat
Michael Choi
Gil Clark
Tammy Clark
Aprille Clarke
David Cockayne

Max Cook
Malinda Cooper
Tanisha Cosby
Suzy Craig
Priscilla Daniel
Andre Darlington
Nicholas Dau
Kelly Day

Robert Deal
Misty Dee
Rachel Devine
Aaron Dieter
Susan Divine
Geoff Duckworth
Bill Dunlay
Melissa Eilts

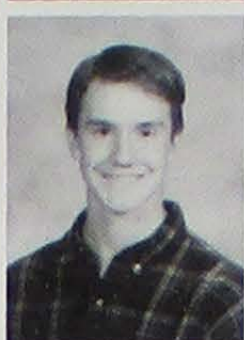
Jenny Ellett
John Ellmaker
Misi Emiola
Charli Engelhorn
David Evans
Nicole Evans
Peter Fanous
Brian Fennema

Ola Fetty
Joe Fisher
Niki Fisher
Brandi Foley
Wes Forrest
Nicol Fraser
Sarah Freed
Lizz Furr

Daniel Gardner
Jackie Gardner
Steve Garrison
Megan Geha
Cynthia Gelina
Catherine Gerrard
Bruno Gilchrist
Derek Ginder



Forrest Glick
David Good
Brian Gould
Brandon Graddick
Melissa Green
Michelle Greene
Jami Greenlee
Eric Greving



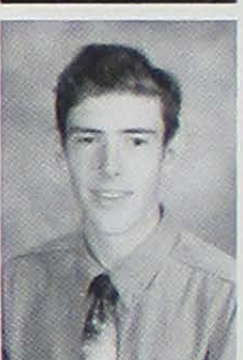
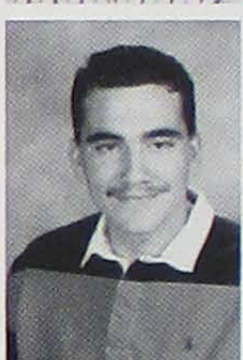
Harmony Gullette
Rich Hall
Vera Hanisch
Matt Harker
Melissa Harris
Kurt Harryman
Mark Hatfield
Gabriel Hathaway



Hollis Hathaway
Mark Hatten
Amy Hayes
Melinda Hefley
Kevin Heggen
Elizabeth Heideman
Heidi Herold
Krisha Heuss



Tania Heymann
Lisa Hinrichsen
Ted Holland
Ben Hornung
Clint Houge
Pam Hove
Ruby Hsu
Susan Hsu



What is the bravest thing you have ever done?

"I went bungee jumping. As the ground rushed towards me, a thought occurred. If I hit, it will hurt."

—senior Nick Schult

"I helped deliver my sister's baby."

—junior Steve Steenbeke

"I once jumped off of a 25-foot cliff when I was skiing in Alta, Utah. It was the bravest thing I've ever done, though most people say it was just the most stupid."

—sophomore Mark DePristo

"I thought I was Superman and I jumped out a window."

—freshman Justin Biggs

"I was skiing for the first time and it started raining. On a dare, I

decided to go down a black diamond hill. It had been raining for 10 minutes and the top of the hill was covered with ice. I fell and hyperextended my knee."

—sophomore Sabrina Shields

"I climbed a thin tree and hung from three stories from my balcony in a black negligee. I was locked out. Ask me about it sometime."

—junior Ola Fetty

"I rappelled off a 60-foot trestle bridge at Mitigwa Scout Reservation with my friends on July 4 while firing bottle rockets at the rappellers."

—junior Ethan Olberding

"I finally admitted to my friends and family that I went out with a shmuck in middle school."

—senior Amy White





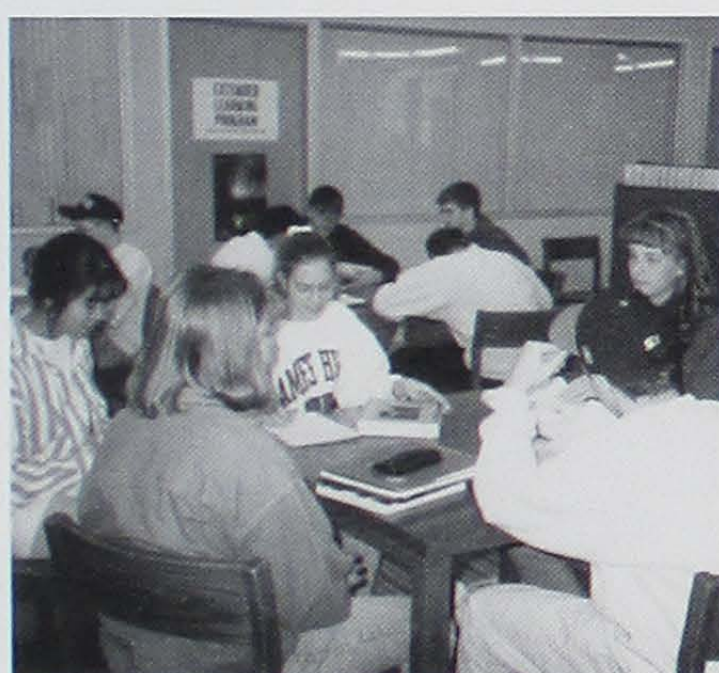
Winston Huang
Becky Hughes
Angela Huls
Heather Hutson
Molly Jarboe
Shelley Jaspering
Tomas Jensen
Charles Jischke

Andy Johnson
Bryan Johnson
Jenny Johnson
Kelly Johnson
Shannon Jolly
Allison Jones
Kristy Jones
Laurie Jones

DeDe Jordan Harris
Petraya Juelfs
Mary Junck
Ruthie Kaplan
Ben Kellen
Caleb Keller
Eliza Kelly
Shannon Kenealy

Devon Kepley
Justin Kepley
Amy Kilmer
Ryan Kinart
Steve Kiner
Renee Kingsbury
Heath Klatt
James Klaus

Angie Knoedler
Ella Kravinsky
Roger Krein
Kim Kruger
Carmen Kulajta
Jasper Lara
Jodi Larson
Jennifer Lathrop

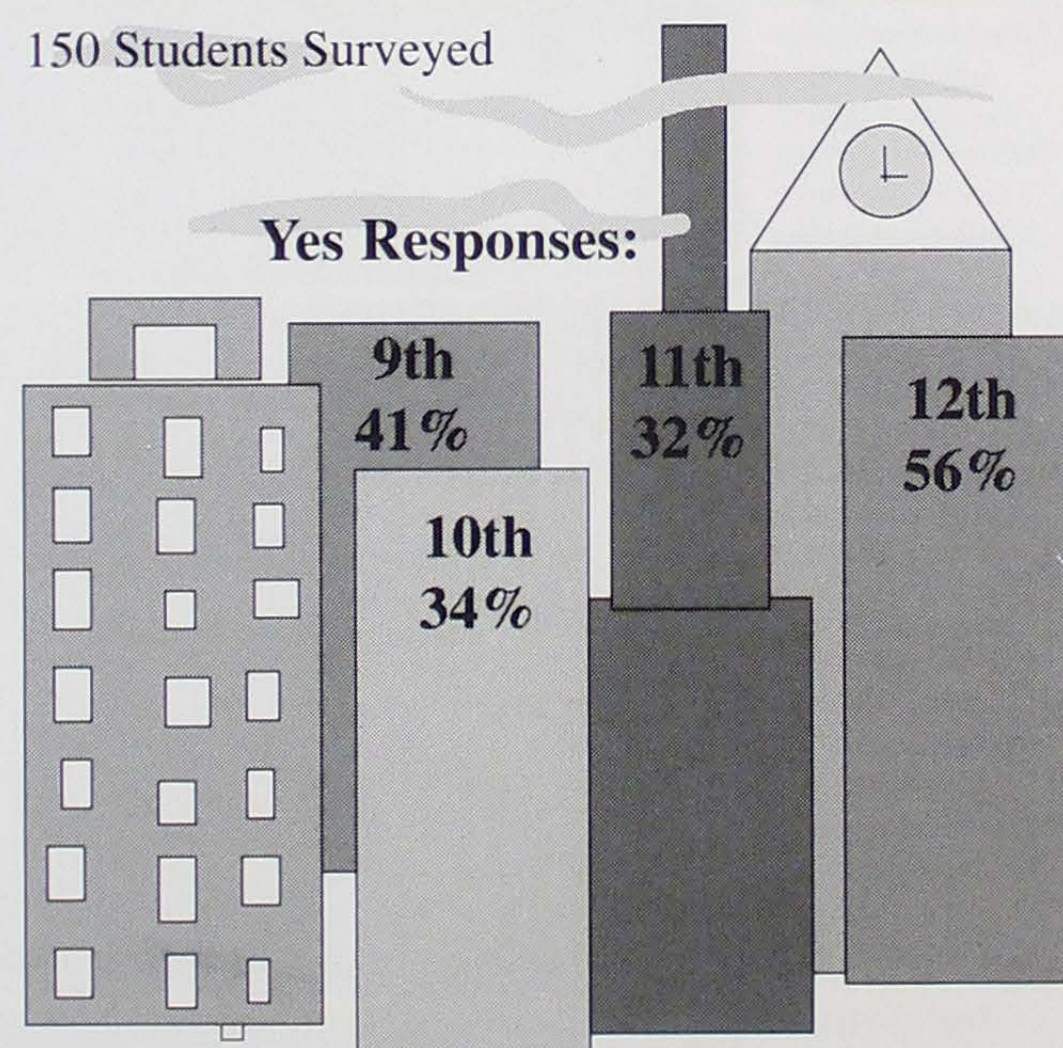


Studying in the media center, juniors Joyce Ng, Claire Roth, Tricia Triplett, and Petraya Juelfs talk about their day. For the first time in years, juniors were given open campus privileges during lunch so they weren't confined to the MC or lobby during free periods. (Photo by Robin Geiger)

As the group looks on, junior Tanisha Cosby rapels upside down during her P.E. class. Members of the Boone National Guard unit came in December to teach rappelling for one week. (Photo by Cori Kindred)

150 Students Surveyed

Yes Responses:



By Leah Mills

Have you lived in Ames
all of your life?

Have you ever wished you were
a member of the opposite sex?

Yes responses

Female: 41%

Male: 18%

By Leah Mills

150 Students
Surveyed

Passing out Hershey's Kisses on Halloween to juniors Julie Swanson and Thomas Stenberg, Physics teacher Mike Petersen wears a Dog Chow bag. Petersen often found activities to make his class more exciting. (Photo by Robyn Berning)

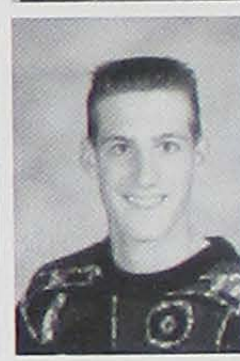
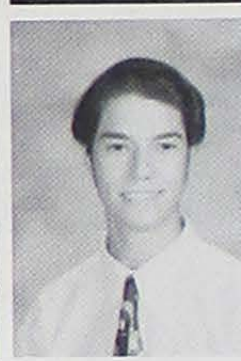
After taking part in a Habitat for Humanity trip to Kansas City during the summer, juniors Lisa Biggs and Shannon Kenealy and sophomores Sarah Chaplin and Noelle Padgitt spend a day at Worlds of Fun. (Photo courtesy of Shannon Kenealy)



Natalie LeBrecht
Jackie R. Lee
Eric Lehmkuhl
Joe Levine
Adam Lewis
Jack Liao
Steve Lochray
Katie Long



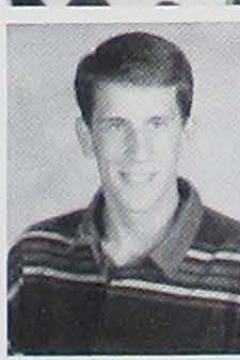
Tim Longman
Maria Lutz
Angela Madison
Ben Magel
Jim Magie
Terina Mammen
Cecily Martin
Matthew Mauk



Emily McCay
John McFarland
Happy McIntosh
Eric McLaughlin
Audie Mehle
Tara Meierkord
David Millen
Eugene Miller



Jason Miller
Karen Moon
Hendry Muljadi
Scott Mullica
Mambwe Mumba
Andrea Darlene Mundt
David Neal
Trisha Nelsen



Emily Nelson
Brad Nessel
Joyce Ng
Joss Nichols
Pat Nichols
Dan Nutter
Ethan Olberding
Gina Olberding





Who is your role model and why?

"Wonderwoman, because I like her outfit."

—sophomore Denna Todd

"My sister, because she always waits for me and then drives me to school every day."

—freshman Justin Biggs

"Garth Brooks, because even though he is such a star, he doesn't take it for granted. He also keeps a level head and cares a lot about his family matters which is very important. I wish everybody would use him as a guide to be a good ol' American citizen."

—senior Chad Fowles

"Wile E. Coyote, because everything bad imaginable happens to

him and he never dies."

—junior Chad Wheatley

"Madonna, because she's not afraid to express herself."

—junior Jenny Bilskie

"Alexander the Great, because he took over his known world."

—senior Brett Speth

"Barney, because he gets to work with that babe, Baby Bop."

—sophomore Bryan Myers

"Chris Sprong, because he is so nice and cool to everyone."

—freshman April Goodwin

"Superman, because he saved me from falling off a bridge in my dream."

—freshman Ronda Quale



Jackie Olberding
Jay Ollila
Emily Olson
Jenn Olson
Pam Olson
Heather Orth
Mandy Padilla
Scott Paque

Brittany Parks
Emily Patrick
Jason Petersohn
Laura Peterson
Trisha Peterson
Kirsti Place
Tina Post
Matthew Prins

Andrew Proescholdt
Lindsey Pyle
Buffy Quintero
Farhang Raaii
Prathyusha Ramisetty
Barrett Randall
Mark Range
Andrea Raske

Dan Ray
Marc Read
Justin Readhead
Katie Rhodes
Lindsey Rice
Meredith Richardson
Aubrey Robbins
Gabriel Roberts

Matt Robinson
Stephanie Roe
Maja Roedenbecu
Adrian Rosenbusch
Maria Rosheim
Claire Roth
Brigid Ryan
Jason Ryan

Eileen Sambos
Lindsay Sargent
Johnny Sartori
Kristina Sassmann
Jenny Schmidt
Carrie Schram
Geoff Schroeder
Tim Schroeder

Sherry Schwarzenbach
Mark Sedgwick
Mert Sermet
Shala Sethi
Tami Shinar
Anne Shrum
Peter Shupp
Jennifer Sippel

Dobrushka Slomka
Jenny Smith
Jenny Smith
Kimmy Smith
Matt Smothers
David Sosnouski
Eric Spear
Chris Sprong

Chad Stairs
Jennifer Stalheim
Steve Steenbecke
Thomas Stenberg
Heather Steskal
Sara Stevenson
Josh Stickney
Amy Stoeffler

Eric Strasser
Stacy Strovers
Fawn Stubben
Todd Swan
Jo Swanson
Julie Swanson
Kim Swyter
Tony Tarbox

Kate Taylor
Seth Taylor
Sarah Teas
Dawn Thode
Sarah Thoren
Tricia Triplett
Jeff Uhrhammer
Ryan Van Cannon

Chris van de Wetering
Micah Vardeman
Daniel Vogel
Carey Wagner
Allison Warner
James Warren
Sarah Weitzel
Adam Wentworth

Jeremy Westpfahl
Chad Wheatley
Bhagya Wickrama
Kiersten Wilcox
Carla Williams
Chad Williby
Jonathon Wilson
Zhaia Wineinger

Katie Woods
Jason Wray
Heather Wright
Nate Wright
William Yerkes
Jacqueline Zenor
Brian Ziebell





"We were feeling wild and crazy one day in band and wanted to try something different," junior Heather Wright said. Wright and her friend, junior Kristina Sassmann, were members of the marching band color guard. (Photo by Robyn Berning)

Cautiously, junior Jenny Ellett tries not to tip the canoe as she crawls over junior Trisha Peterson while Justin Readhead and senior Kristin Brooks watch. Switching places in a canoe was required for PE teacher Mary Kautzky's classes. (Photo by Robyn Berning)



Not Pictured

Nathan Adair
Robert Anderson
Robert Backoff
Thomas Buchwald
Jenny Chrisinger
Sung-Soo Chung
Michael Clark
Chad Durnin
Randy Durnin
Sarah Fisher
Eben Franko
Maxwell Freeburg
Justin Garrey
Jessie Holder
Holly Jones
Thomas Krautz

Nick Kravinsky
Heather Llewellyn
Katy Maddux
Cassady J. Manzer
Lana McCaughey
Chon Morrison
Laura Mullesch
Kesone Phimmasone
Korakanh Phompheng
Stacey Ramsey
Nicholas Shafer
Alex Sipes
Patricia Springer
Jeff Trow
Angela Tucker
Jennifer Whitehead



If you could go back in time to any period, what would it be?

"The 1600's, the Renaissance. I think it would be cool to be one of the thinkers of that period."

—senior Nokeo Somsanith

that is when people rode horses for transportation instead of enjoyment. I think that would be cool, the olden days."

—freshman Julie Ollila

"The medieval period. It was kind of interesting. There was a lot of action back then, a lot of fighting."

—freshman Andrew Albaugh

"The 1970's. That was the time when everyone went disco dancing, and their clothes were really funny."

—freshman Aaron Sundstrom

"The 1960's. I like the styles of clothes back then. It was just a neat time. You could just basically do your own thing. You were more free than kids today are."

—junior Amy Stoeffler

"I'd like to live with the Native Americans before caucasions came to America because that was the time when the people lived peacefully with the land and animals."

—senior Ghina Goodfriend

"I'd go back to when my parents were my age to prove that they are no different than me."

—senior Becca Jones

"The 1800's. I just like those times. Things were simpler and more clean cut. You knew where you stood, and you knew your place in the community."

—junior Tessa Aurand

To throw pottery during her third period class, junior Katy Maddux prepares the wheel. Maddux found the elective art class a needed break from the rest of her schedule. All students were required to complete one fine arts credit before graduation. (Photo by Alicia Ackerman)

Signing a get well card for a teammate, senior Allison Hutchison takes a break from recording cross country runners' times at a meet. (Photo courtesy of Beth Myers)



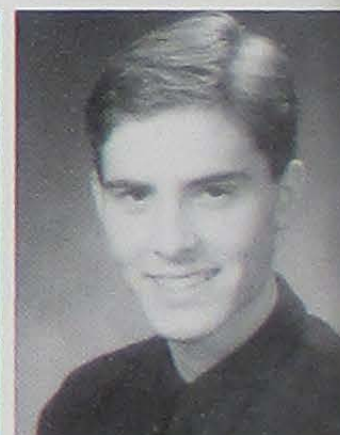
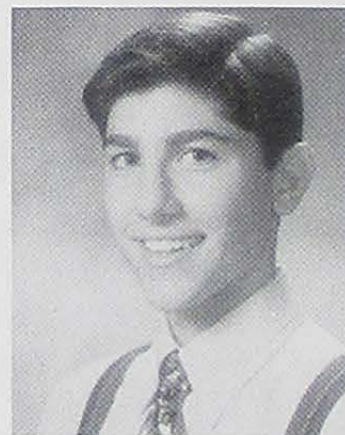
Taking time out to talk to her 4-year-old sister Kristin, senior Robin Geiger explains what is happening in the basketball game. Geiger's mother made Kristin's outfit. (Photo by Robyn Berning)



Iumemah Abbasi. Micah Abel: Football 9; Basketball 9-12; Cross Country 10. **Erin Ackerman.** Jamie Lynn Adair: Track 9; DECA 12; Student Senate 10,11; Secretary 10; Airbands 12; Volleyball 9,10; I V-ball 11,12; Homecoming Cmte 11,12; Volunteers 11,12; Golf 11,12; Student Council 10; Basketball 9; I Ball 10-12; Big Sis/Lil' Sis 9-12. **Becci B. Aiton:** Terpsichore 11, Choreographer 12.



Akin Akinc: Key Club 9; I V-ball 11; I Ball 11-12; Soccer 9-12. **Jennifer Allard.** Casey Allen. **Jessica Allen:** Basketball 9-12; Cross Country 10,11; Big Sis/Lil' Sis 11; 100th Green Butterfly 12; Play Crew 11; Amnesty International 11; Volunteers 11; Senior Girls Club; Track 9. **Scott Marshall Allen:** Wrestling 9,10; Madrigal 11,12; All-State Contest 12; Speech Club 12; Solo/Ensemble Contest 9-12; Play Cast/Crew 12; Football 9,10; Key Club 12; SADD 12; Concert Chorale 11,12; Concert Choir 10; Freshman Choir; Bass Choir 10-12.



Jeffrey Alt: Track 9-12; Football 9-12; Basketball 9-12; I Ball 11,12. **Hope Amos:** Track 9-12; DECA 12; Homecoming Court 12; DECA State Vice President 12; Student Council 11; Cross Country 9-12; Senior Girls Club; Volunteers 11,12; Web 11; Athletic Ambassadors 10; Gender Equity Board 12; Students Against Apartheid 9; Big Sis/Lil' Sis 9,11,12; Homecoming Committee 11. **Marnie Louise Anderson:** Madrigal 12; Track 11,12; Volunteers 11,12; Solo/Ensemble Contest 10-12; Soccer 10. **Roland Anderson:** Thespians 9, 10; Senior Class President 12; Homecoming Court 12; One-Acts 10, 12; Drama 9-12; Terpsichore 9, 11; Paisley 9; Speech Club 10, 11. **Ryan Anderson:** Wrestling 9-12; DECA 12.



Angela Arias. Matthew A. Ashburn: Track 9-12; VICA 12, President 12; Volunteers 12; Football 9,10; I Ball 9,10. **Jeremy Aslesen:** Track 9-12; Concert Choir 10; Football 9,11,12; Basketball 9,10; I Ball 11,12. **Mark Atchison:** Baseball 9; Golf 11,12; I Ball 9-12. **Brad Baetz.**





What is your idea of the perfect senior prank?

"My idea for the perfect prank would be to have all of the seniors gather in the media center for the senior picnic to drive the Media Center ladies nuts."

—senior Erin Ross

"I'd like to tar and feather a hall monitor because they are so nitpicky, and I'm not naming any names."

—senior Allison Hutchison

"If every senior brought a garbage bag full of styrofoam popcorn and dumped it in the lobby so that when people walked in the front door, it would be up to their waist."

—senior Courtney Padgitt

"Arranging it so that all of the toilets in the school would be flushed at the same time, so that it would mess up the water pressure."

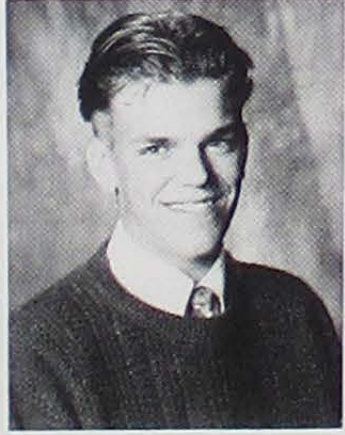
—senior Jana Skaff

"Having everyone in the entire school meet up in the media center so that the floor would cave in because it is so structurally unsound."

—senior Amy Poague

"Every day have each senior take a spoon from the cafeteria, so by the end of the year there wouldn't be any spoons and we could spoon the teachers' yards."

—senior Scott Allen



Steve Bailey: Symphonic Band 12; Marching Band 9-11; Tennis 9-12; STAND 12; Volunteers 11,12; Concert Band 10-12; Chess Club 12; Football 12; Basketball 9; Ambassadors 12; Student Senate 11-12; I Ball 10-12; Lights Technician 12. **Sabrina Bakken:** Freshman Choir; Concert Chorale 10-12; SADD 10; Key Club 9; Big Sis/Lil' Sis 9. **Emily Barta:** Cheersquad 9-12; Homecoming Court 12; Golf 11-12; Terpsichore 9-12; Choreographer 11; Student Senate 9,10; Homecoming Cmte 10,11; Big Sis/Lil' Sis 9,11,12; Volunteers 10-12; STAND 11; Entheos 10. **Brett Barton:** Football 12; Wrestling 10-12; Track 11,12; Special Olympics Volleyball 9-12; STAND 11; Special Olympics Swimming 9-11. **Kerri Beckman:** Cross Country 10-12; Track 10-11.

Patrice Belzer. **Bronwen Benbow:** Swimming 9-12; Boys' Swimming Manager 9-12. **Kelly Ann Berg:** Spirit 11; Volunteers 11,12; Ambassadors 11,12; Big Sis/Lil' Sis 9,11,12; Student Services Assistant 11; FlagCorps 10; SADD 9. **Amy Bergan:** Track 9,10; Cross Country 9-12; I Ball 11,12; Homecoming Queen 12; Student Council 9-12; Officer 10-12; Student Senate 10; Web 12; Big Sis/Lil' Sis 12; Homecoming Co-chair 11,12. **Steven Bern:** Track 9; Homecoming Court 12; STAND 11; Football 9-12; Basketball 9-12; Student Senate 10, 11; Ames Student Committee 12.

Annagreta Birch: Cross Country 10-12; Cheersquad 10, 12; Track 9-10; Volunteers 11,12; Homecoming Committee 12; Student Senate 9,10,12; Big Sis/Lil' Sis 12; Ambassadors 12. **Matt Bland:** Football 9; I Ball 9; Key Club 10. **Peter Boekelman.** **Todd Borwick:** I V-ball 10,11; I Ball 9-12; Cadet Teaching 12. **Dan Bovenmeyer.**

Judd David Bowman: Track 9; I Ball 9; Swimming 10-12; Tennis 10-12; Chess Club 9-10; Senior Senate; Ambassadors 12; Madrigal 11,12; Marching Band 9-12; Symphonic Band 11-12; Concert Band 10-12; Freshman Band; Pep Band 9-12; Jazz Band 9-12; Orchestra 10-12; Solo/Ensemble Contest 10,11; TV Show 9,10. **Amy Bright:** Track 10; I Ball 12. **Kirstin Brooks:** DECA 12; Cheersquad 11; Homecoming Cmte 11; Big Sis/Lil' Sis 9,11. **Shantel Brower.** **Amy Jo Brown:** Thespians 9-12; Speech Club 10-12; Volunteers 11-12; Student Director 11; One Acts 12; Play Cast/Crew 9-12; Terpsichore Choreographer 11,12; Big Sis/Lil' Sis 9,12; Track 10.

Sara Brunscheon: Track 9-12; Volleyball 9-12; Cadet Teaching 12; Big Sis/Lil' Sis 12. **Shane Buck:** VICA Officer 12; Volunteers 11, 12; I Ball 9-11; Baseball 10; Football 9, 10. **Stephanie Bulver:** Cheersquad 10-12; Senior Girls Club, Volunteers 10-12; Homecoming Cmte 11, 12; Big Sis/Lil' Sis 11. **Elizabeth E. Butin:** Marching Band 9-12; Concert Band 10-12; Symphonic Band 12; Pep Band 12; Key Club 10; Big Sis/Lil' Sis 9, 12. **Damon Byg:** Soccer 9-12; Chess Club 9-12; Marching Band 9-12; Concert Band 9-12; Band Mgr 11, 12; I Ball 12.

Nicole M. Camp: Tennis 9; Track 10, 11; Wrestling Mgr 11, 12; Volunteers 10-12; Ambassadors 12. **David Cantonwine:** Soccer 9-12; Track 9-12; Cross Country 9-12; I V-ball 9-12; I Ball 9-12; Student Senate 9, 12; Concert Band 9-11; Marching Band 9-12. **Jesse Coats:** Marching Band 9-12; Pep Band 9-12; Concert Band 9-12; Jazz Band 11; Symphonic Band 11, 12; Orchestra 11, 12; I V-ball 9-12; I Ball 9-12; Key Club 10; TV Show 10; Chess Club 9-12. **Jennifer Elaine Collins:** Spirit 11-12, Editor 12; Web 12, Section Editor 11; Marching Band 9-12; Concert Band 10-12; Symphonic Band 11, 12; Big Sis/Lil' Sis 11, 12; Key Club 10, 11; SADD 10. **Lynnea K. Converse:** Trainer 9-12; Tennis 9; Big Sis/Lil' Sis 9, 11, 12; Key Club 10; SADD 10.

Allison M. Cooper: Tennis 12; Orchestra 9-12. **Stephenie Core:** Swimming 10, 11; Big Sis/Lil' Sis 9; Chess Club 9; STAND 12. **Rusty Crawford:** Golf 9-12; Hockey 9-12; Student Senate 11; Homecoming Cmte 10-12; I Ball 9-12; I V-ball 9-12; Volunteers 10-12; Track 11. **Michael Darkoh-Ampen:** Basketball 9, 10; Track 9; I Ball 12. **Laura David:** Scratch Pad 9-12, Editor 12; Play Cast/Crew 10-12; One Acts Director 12; Choir 9-12; Speech Club 9-11; Madrigal 10-12; Student Council 9-10; Cheersquad 9; Thespians 11, 12.

Angela L. Davis: Big Sis/Lil' Sis 9, 11, 12; Volunteers 11, 12; Track 9-12; Cross Country 10, 11, Mgr 12; Senior Girls Club; Spirit 11; Ambassadors 12. **Peggy Davis.** **Dawn L. DeClute:** SADD 10, 11; Key Club 10; DECA 12; Human Relations Cmte 12; Big Sis/Lil' Sis 12. **Abigail DeHoet:** Marching Band 9-11; Concert Band 9-11; Track Mgr 9-12; DECA 12; Freshman Choir; Homecoming Committee 11; Volunteers 11, 12; Big Sis/Lil' Sis 9, 11, 12. **Jared Dieter.**



If you could invent a new drug, what would it do?

"A drug that will enable you to speed memorize, which would eliminate late-night cramming."

—senior Scott Allen

"I would invent a drug that would keep you from being depressed but not change your basic personality so there wouldn't be side effects."

—senior Ghina Goodfriend

"I would invent a drug that would create a mirror image of myself which I could program to go to my classes for me so that I could stay home and sleep. That way the teachers wouldn't know the difference."

—senior Elizabeth Welch

"I would make a narcolepsy-seizure pill for when I have to take a really hard test. That way I can writhe on the floor in a painless spasm or just pass out and sleep and still get out of the test."

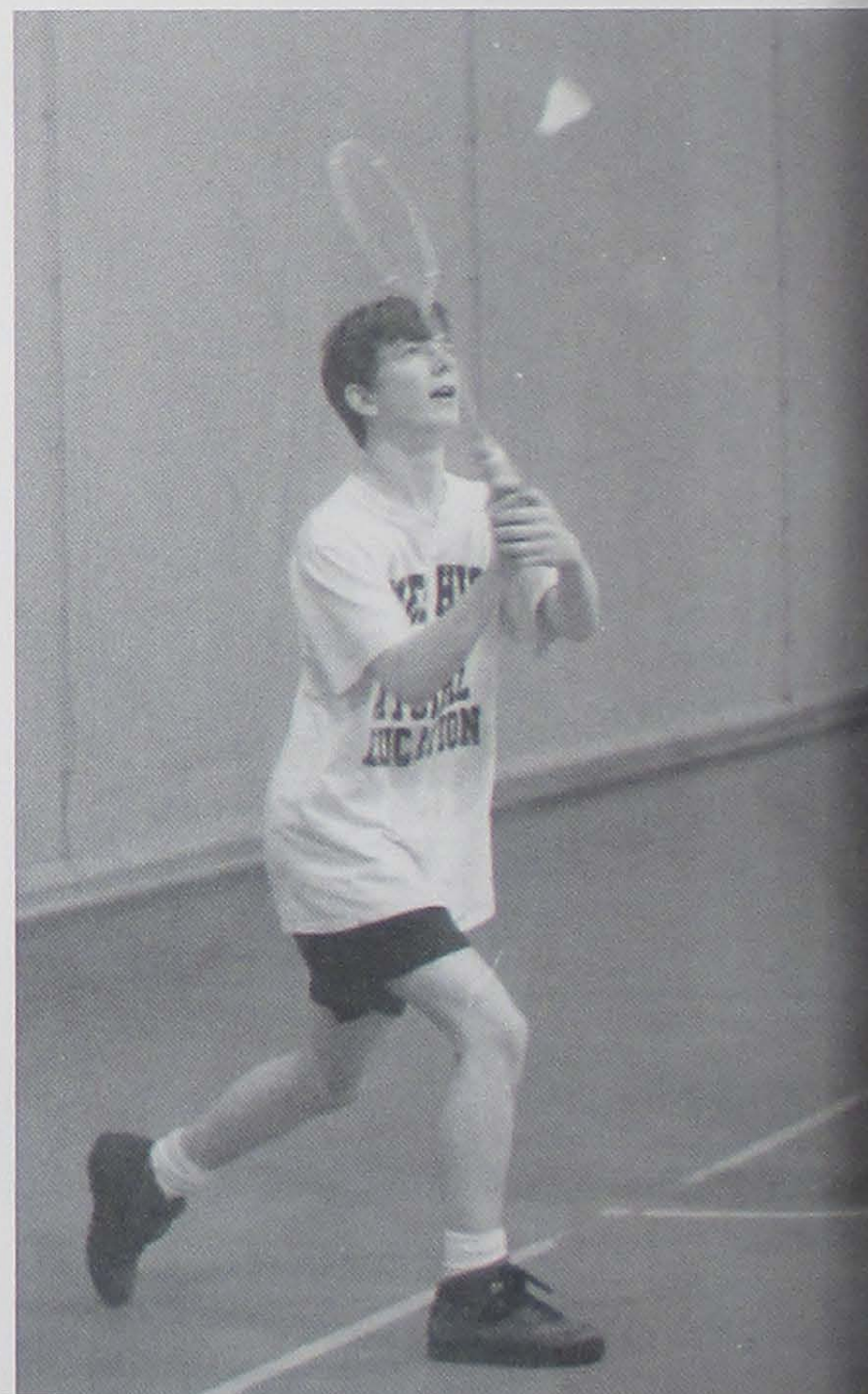
—senior Angela Kao

"My drug could cure AIDS because I think AIDS kills millions of people each year without accomplishing anything."

—senior Jean Lynott

"I would probably invent a drug to help me think of an answer to this question."

—senior Elaine Wipf





Suzanne Dietz: Play Crew 9, 10; Terpsichore 10; Choreographer 11, 12; Marching Band 9-12; Concert and Symphonic Band 10-12; Pep Band 11, 12; Band Officer 12; Volleyball Mgr 10-12; Chamber Orchestra 11, 12; Black History Quiz Bowl 9, 10; Key Club 9-12; Amnesty Int'l 9, 10; Big Sis/Lil' Sis 11, 12. **Jim Divine, Joshua C. Dobbs:** Baseball 10-12; Mgr 10-12; SADD 9, 10; I Ball 9, 10; AV-IMC Ass't 11; Ambassadors 9, 10. **Malissa Donahey:** Symphonic, Concert and Marching Bands 11, 12; Pep Band 12; Big Sis/Lil' Sis 12. **Jessica L. Donnell:** Swimming 9; Trainer 10; Ambassadors 12.

Earl Dowling III: Wrestling 9-12; Baseball 9-12; Golf 11, 12; I Ball 9-12; Homecoming Court; STAND 11, 12; Student Senate VP 11; Student Advisory Cmte 9-11; Winter Formal Court 12. **Thomas M. Drewes:** Soccer 9-12; Speech Club 10; Nat'l History Day 10; I V-ball 12; *Scratch Pad* 12. **Catherine D. Dunham:** *Scratch Pad* 11; Speech Club 10; Tennis Mgr 10, 12; Volunteers 11, 12; Environmental Cmte 10-12; Big Sis/Lil' Sis 9, 11; Key Club 10; Cross Country 10; Senior Girls Club; Ambassadors 12. **Jonathan Durlam:** Cross Country 9, 10; Student Senate 9; I Ball 10-12; Concert Chorale 10; TV Show 11. **Robert Eich:**

Kari L. Ellingson: Swimming 9-12; Tennis Mgr 10; Key Club 9; SADD 9; Choir 9; Senior Girls Club; *Spirit* 11, 12; Student Senate 11; Volunteers 12; Ambassadors 12; Big Sis/Lil' Sis. **Joelle Elizabeth Ely:** I V-ball 11, 12; Big Sis/Lil' Sis 9, 12; Senior Girls Club; Volunteers 11, 12; Ambassadors 12. **Erin Espeland:** Big Sis/Lil' Sis 9; Track 9; I V-ball 9; Cross Country 10, 11; Volunteers 11, 12. **Hank Evans, John Even:** I Ball 10, 12.

Olutomi Fadeyi: Student Senate 11, 12; Human Relations Cmte 12; Ambassadors 11, 12; Big Sis/Lil' Sis 11, 12; Cheersquad 10; Orchestra 9-12; Band 9, 10; Jazz Band 9, 10; Track 9, 10, 12. **Rachel Farnham, Matt Farrier:** Basketball 9-12; Football 9-12; Track 9; Airbands 10-12; Winter Formal Court 12. **Jennifer Fliehler:** Concert Band 9-12; Marching and Pep Bands 10-12; Symphonic Band 11, 12; Flag Corps 9; Track 9-12; Cross Country 11, 12; I V-ball 11, 12; I Ball 11, 12; Big Sis/Lil' Sis 9, 11, 12. **Lisa J. Foote:** Cheersquad 9-11; Cross Country 12; Soccer 12; STAND 11, 12; Student Council 12; Choir 9; Homecoming Cmte 10-12; Volunteers 12; Senior Girls Club; I Softball 9, 10, 12; 100th Green Butterfly 12.



Relieving the stress of her chemistry lab, senior Kristin Parks plays with Play-doh while she writes her lab analysis. (Photo by Cori Kindred)

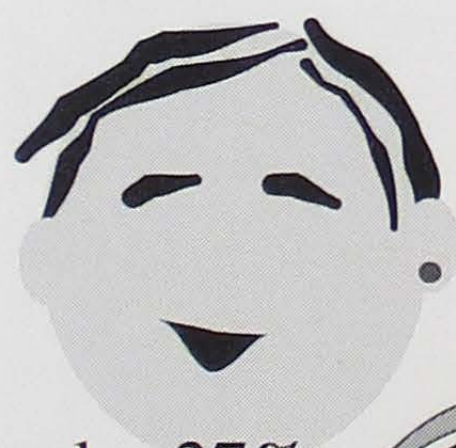
Showing off his badminton expertise, senior Tom Pepper hits a birdie as senior Joe Nevshemal looks on. Jack Mendenhall's second semester classes started with a six-week badminton unit. (Photo by Cori Kindred)

Do you have freckles?

Yes responses:

Male- 44%

Female- 27%



150 Students Surveyed

By Leah Mills

Lon Freeman: Football 9-12; Wrestling 9-12; Track 9-12; Council/Senate 9,10; Class Officer 9; Band 9-12; Madrigal 11,12; I Ball 11,12. **Chad Fowles:** Baseball 9-12; Football 9-12; Wrestling 9, 11,12; I Ball 12. **Kris Fretz:** Basketball 9-12; Cross Country 11; Track 9; Band 9,10; Volunteers 11, 12. **Matt Gallahan, Jeremy Gardner:** Football 9-12; Basketball 9,10; Wrestling 11,12; Track 9,10; Baseball 9; I Ball 11,12; Senate 9-11; STAND 11, 12.

Melissa Anne Gaston: Volunteers 12; 100th Green Butterfly 12; Choir 11; Big Sis/Lil' Sis. **Robin Geiger:** Swimming 9-12; Cheersquad 10-12; Senior Girls Club; Senate 10, 11; Big Sis/Lil' Sis 11, 12; Track 9; Choir 9, 10; Ambassadors 12; Volunteers 11, 12; Spirit 12. **Shonda Renee Gibbs:** All State 11; Madrigal 11, 12; Choir 9-12; DECA 12; Volunteers 11, 12; Big Sis/Lil' Sis 9. **Fred Gilbert III:** Track 9-11; I Ball 10-12; Homecoming Court 12; Council 12; Junior President. **Lee Girard.**

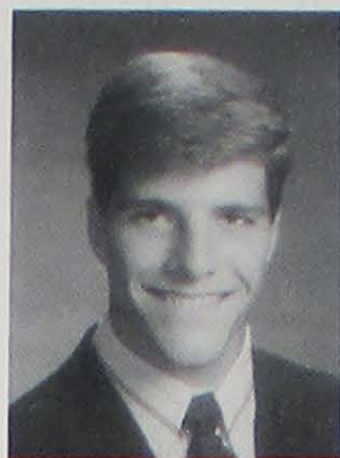
Ghina Goodfriend: Thespian VP 10-12; Student Director 12; Choreographer 11, 12; Flag Corps 9-12; Scratch Pad 12; Madrigal 9; SADD 9-12; Senate 11. **Sonee Griffin:** Volleyball 9-11; Basketball 9, 10; Cross Country 12; Track 9; I Ball 11, 12; Homecoming Chair 11, 12; Terpsichore 11, 12; Big Sis/Lil' Sis 9,12; Volunteers 11, 12. **Ashley Hagen, Jeffrey Halliburton:** Cross Country 12; Track 12; Band 9-12; I V-ball 12; Orchestra 12. **Mark Harris:** Swimming 9-12; Band 9-12; Orchestra 11, 12; All-State 12; Madrigal 10-12; I V-ball 9-12; Odyssey of the Mind 12; TV Show 9, 10; Student Council 12.

Bernadette Hartman: Swimming 9-12; Band 9-12; President 12; I Ball 11; Track 11. **Valissitie C. Heeren:** Track 9; Band 9; SADD 9; Homecoming Cmte 12; Senior Girls Club; Volunteers 11, 12; Key Club 9; Senior Senate; Big Sis 12. **Alicia Heffron:** Volleyball 9, 10; Homecoming Cmte 11, 12; DECA 12; Volunteers 10-12; I Ball 12; Big Sis/Lil' Sis 9,11,12. **Laura Hefley:** Cross Country 9, 10; Choir 9; Debate 9; Track 9, 10; Volunteers 12; Senior Girls Club. **Corine Hegland:** Thespians 9-12; 100th Green Butterfly 11, 12; One Acts Director 10-12; Play Cast/Crew 9-12; Choir 9, 12; Terpsichore 12; Black History Quiz Bowl 9-11; Madrigal 10, 11; Mock Trial Co-President 10, 11; Band 9, 10.

Katie Helland: Cheersquad 9-12; Cross Country 12; Homecoming Cmte, 11, 12; Volunteers 11, 12; Play Crew 9. **Amy Henderson:** Thespians 11, 12; Track 9-12; Terpsichore 9-11; Choreographer 12; Madrigal 10-12; Black History Quiz Bowl 10; Flag Corps 10-12; Diving/ Swimming 9-12; Play Cast/Crew 9-12; Big Sis/Lil' Sis 9,11, 12; Band 9-12. **Steve Henning, Eva Hernandez Soto:** Human Relations Cmte 9-12; Debate 10,12; Class Secretary 11; Track 9; Ambassadors 9-11; Speech Club 9-11; All-State Speech 9, 10; Cross Country Mgr 10; Principal Selection Cmte 11; Gender Equity Cmte 11; I V-ball 9; Terpsichore 9,12. **Amanda Hetzel:** Madrigal 9-12; Choir 9-12; Volunteers 11, 12; Senior Girls Club; Volleyball 9; Student Council 9.

Brett Hodges, Katherine Anne Hodges: Scratch Pad 9,12; Knowledge/Quiz Bowl 9-11; Play Cast/Crew 12; Web 12; Band 9-12. **Elsbeth Ann Holger:** Track 10-12; Madrigal 10, 11; Cross Country 12; Cheersquad 10-12; Homecoming Cmte 9-11; Choir 9-11; Terpsichore 9, 10; Choreographer 11, 12; Human Relations Cmte 12; Big Sis/Lil' Sis 9, 11, 12. **Becky Jo Hostetter:** Softball 9-12; DECA 12; Soccer 11, 12; Big Sis/Lil' Sis 11, 12; Volunteers 11, 12. **Jessica Hugdahl:** Volleyball 9-12; Madrigal 11, 12; Choir 10-12; Orchestra 9-12; Track 9-11; Band 10-12; Senior Girls Club; Volunteers 11, 12.

Josh Huntington: Thespians 10-12; Speech Club 9-12; I V-ball 9-11; Director One Acts 12; Black History Showdown 9-11; TV Show 9; Play Cast/Crew 9-12; Swimming 9-12; Choir 9-12; Madrigal 11, 12. **Allison Hutchison:** Basketball 9, 10; Cross Country 11, 12; Track 9-12; Senior Girls Club; Senior Senate. **Monika Jankowiak:** Play Cast/Crew; Thespians 12; Mock Trial 9,11; Amnesty Intern'l 10-12; Black History Quiz Bowl 10; Band 9-12; 100th Green Butterfly 12. **Julie M. Jansen:** Choir 9-12; Key Club 10-12; Terpsichore 11, 12. **Nea Johnson.**





Sarah Johnston, Jessica Jones: Cross Country 11, 12; Volleyball 9, 10; Volunteers 10-12; Student Council 9, 10, 12; Big Sis/Lil' Sis 9, 12. **Rebecca Jones:** Play Cast/Crew 9-12; One Acts 11; One Acts Director 12; Thespians 11, 12; Speech Club 10-12; Speech Club President 12; All-State Speech 11; Homecoming Court 12; Student Council 9-12; Student Senate 9, 10; Cheersquad 9, 10; Big Sis/Lil' Sis 9, 12; Environmental Committee 10-12.



Summer Jones, Chris Kadolph: I V-ball 10-12; Chess Club 9-12; I Ball 10, 12. **Laura Kain:** Softball 9-12; Volleyball 9-12; Basketball 9, 10; I Ball 11, 12; Cadet Teaching 12; Big Sis/Lil' Sis 11; Volunteers 12.



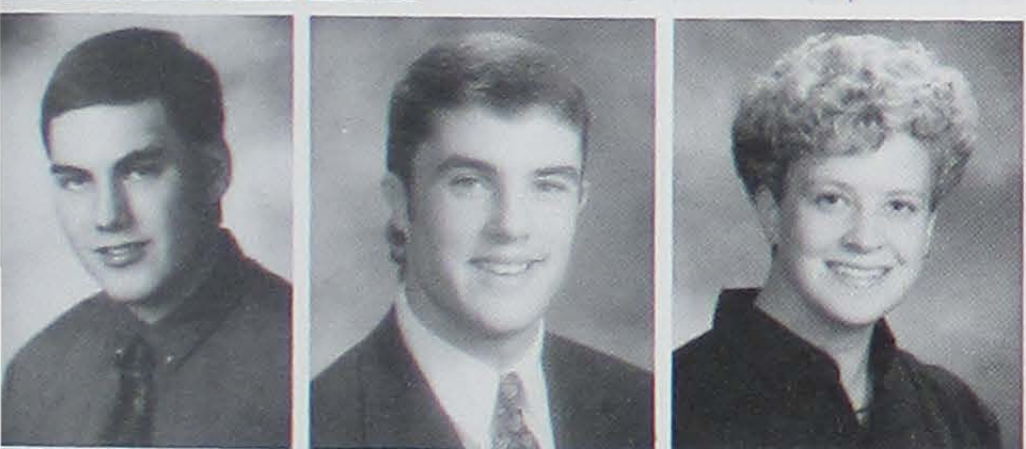
John Kannel: Soccer 9-12; I Ball 11, 12. **Angela Kao:** Thespians 11, 12; One Acts 12; Cross Country 10; Track 9; Key Club 9, 10; SADD 9; Mock Trial 9; Volunteers 12; Amnesty International 9; Big Sis/Lil' Sis 11. **Joanna S. Kaplan.**



Debbie Katz: Choir 9-12; Madrigal 12; Speech Club 10, 11; All-State Speech 10, 11; Flag Corps 9-12; Volunteers 12; Big Sis/Lil' Sis 11, 12. **Melissa Kell:** Cadet Teaching 12; Cheersquad 9-12; Madrigal 12; Student Senate 11, 12; Senior Girls Club; Big Sis/Lil' Sis 9, 11, 12; Ambassadors 12; Volunteers 10-12; Choir 9-12; Homecoming Cmte 10, 11; SADD 9, 10; Track 9. **Tom Kempley:** Football 10; Basketball Mgr 9-12; VICA 12.



Kelly Killorn, Cori Kindred: Big Sis/Lil' Sis 9, 11, 12; Flag Corps 9-12; Concert Choir 10; Speech Club 10, 11; Spirit 12; Concert Chorale 11, 12; Marching Band 9-12. **Sengjohn Kiojai:** Track 9; I Ball 9-12; Soccer 9, 10; Environmental Cmte 11; STAND 12; Volunteers 12.



Christopher Klocke: Symphonic Band 11, 12; Concert Band 9-12; Marching Band 9-12; Jazz Band 12; Chamber Orchestra 12; Pep Band 10-12; Madrigal 12; Musical 12. **Duke Knapp:** Football 9-12; Hockey 9-12; Student Council 9-12, President 12; STAND 10-12; Scratch Pad 12; Homecoming Court 12; Student Senate 9, 10; Rules Cmte 9, 10. **Megan Knutsen:** Basketball 9-12; Track 9-12; Student Senate 12; 100th Green Butterfly 12; Freshman Choir; Concert Choir 10; Amnesty International 11; Volunteers 11, 12; I V-ball 9; Cross Country 11.



Tommy Koch: Basketball 12; Baseball 12. **Greg Kozak, Edwin Philip Krafur:** Knowledge Master Quiz Bowl 10, 12; 100th Green Butterfly 11, 12; Concert Chorale 11, 12; Madrigal 11, 12.

If you could have a magical power, what would you want it to be?

"I would want to be able to read people's minds, because you can tell a lot from their facial expressions, but you never know what they are thinking."

—senior Kari Wille

"I would want to have the magical power to make people laugh uncontrollably, even at my dumb quotes in the yearbook."

—senior Mike Shimkus

"I'd want to fly. That way I could go where I wanted and not have to drive. That's assuming I could fly really fast."

—senior Brian Muchinsky

"I'd want to be invincible. I'd want to be like Papa Smurf because he is invincible. Papa Smurf is awesome."

—senior Bernadette Hartman

"I would want to read other people's minds. I'd be able to take a lot of stress off my relationships."

—senior Joe Nevshemal



Dressed as Santa Claus, senior Bryan Warme hands out candy and gifts at the 4-H Christmas skating party, which was held at J-4 Rollaway. (Photo courtesy of Bryan Warme)

Who is your favorite celebrity?

9th: Richard Simmons
& Magic Johnson

10th: Kiefer Sutherland
& Michael Jordan

11th: Julia Roberts
& Michael Jordan

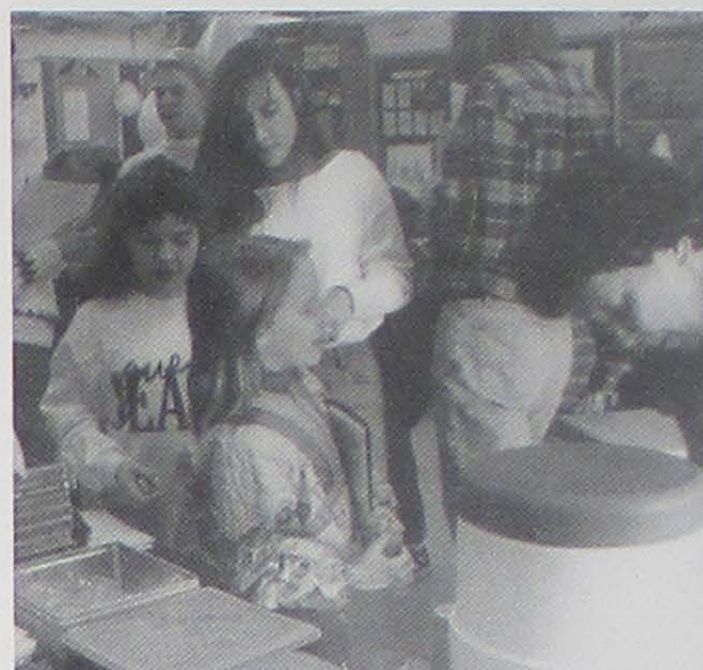
12th: Oprah Winfrey
& Sharon Stone

By Leah Mills

150 Students Surveyed

At dress rehearsal for the Madrigal dinner, the royal court practices one of the songs for their performance. Madrigal was an annual medieval musical dinner put on by the vocal music department. (Photo by Cori Kindred)

After sharing poetry with her third grade partner, senior Jessica Jones waits in line for punch and cookies. Keith Carlson's Senior AP English class created poetry books for third graders from Meeker.

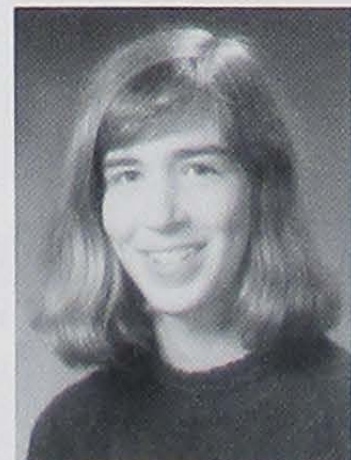
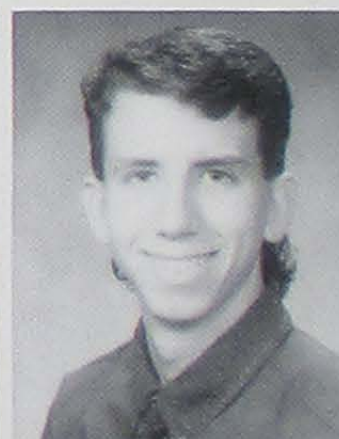


Katherine A. Krogmeier: Tennis 9-11; Volleyball 9-12; *Spirit* 10; Senior Girls Club; Homecoming Committee 12; Key Club 9,10. **David Kuhl:** Thespians 11, 12; Cross Country 11; Track 12; Orchestra 9-12; Soccer 9-12; Play Cast/Crew 10-12. **Darren LaGrange:** Track 9-12; Cross Country 9-10. **Molly Suzanne LaGrange:** Tennis 9-12; Airbands 12; Cross Country 12; Cheersquad 9-11; Volleyball 9-10; I V-ball 11-12; Homecoming Committee 11. **Tracy Larson:** Tennis 9-12; DECA 12; Volleyball 9, 10.

Jennifer Leek: Marching Band 9-11; SADD 11; President 12; Volleyball 9-12. **Ben Lewis:** Madrigal 10-12; All-State 12; Thespians 10-12; Speech Club 11-12; Homecoming Committee 12; Golf Team 9, 10. **Nathan Lewis:** Symphonic Band 12; Marching Band 9-12; Eagle Scout 9-12. **Ryan Lewis:** Eagle Scout 9-12. **Scott Edward Litchfield:** Symphonic Band 12; Marching and Concert Band 9-12; Airbands 11; Baseball 9; I V-ball 9-12; Basketball 9-12; Web 12.

Sarah Little: Volleyball 9,10; Student Senate 10-12; Homecoming Committee 10-12; I Ball 12; Volunteers 12; Senior Girls Club; Big Sis/Lil' Sis 9,11,12. **Brian Litzel.** **Kim Lutz:** DECA 12; Volunteers 11, 12; Tennis Team 9,10; Volleyball 10; Softball 9, 10; I V-ball 9; Big Sis/Lil' Sis 9. **Nathan Makelbust:** VICA (Officer) 12. **Margie Mayfield:** Choir 9, 10; Track 9, 10; Diving 9-12; *Spirit* 11; *Scratch Pad* 11, 12; Play Cast/Crew 10,11; TV Show 9.

Angie McConnell. **Heather McDorman:** Choir 9-12; Big Sis/Lil' Sis 9. **Susan McGee:** Cross Country 9-12; Track 9-12; Basketball 9-12; Student Council 10, 11; Student Senate 9, 12; DECA (State Vice President of Communications) 12. **Phillip McWaters:** Student Council 11, Co-President 12; Rules Committee 12; Knowledge Bowl 11, 12; Student Senate 9,10; I Ball 9-12. **Sara Meinhard:** Cheersquad 9-12; Volunteers 10-12; Big Sis/Lil' Sis 9, 11, 12; Senior Girls Club; Track 9.





If you could be invisible for a day, what would you do?

"I would walk on a plane and travel around the world. Then I would sneak on a huge cruise ship and just appear after 24 hours. I would live on an island as a native and wear a little grass skirt and grow papayas."

—senior Chris Smith

"Is it girls track season yet?"

—senior Tom Pepper

"I would run around naked because clothes are uncomfortable."

—senior Lee Vandewater

"I would go to the weight room and lift weights and scare people."

—senior Bittoo Kanwar

"I would walk around and pinch peoples' butts."

—senior Scott Litchfield

"I would go and mess up all of the bulk food products in all of the grocery stores."

—senior Laurel Nakadate

"I would steal a car and crash it into the entrance to the gymnasium."

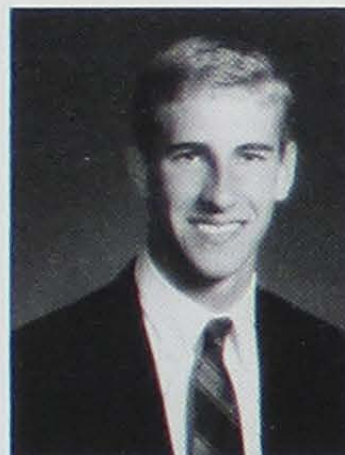
—senior Andrew Potter

"I would go around depantsing people and play practical jokes on everyone, like move things around when they're not looking."

—senior Becca Stott

"My boyfriend is in college so I think I would follow him around all day to see what he does and if he flirts a lot."

—senior Kari Ellingson



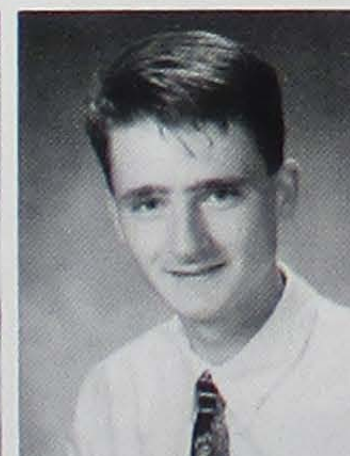
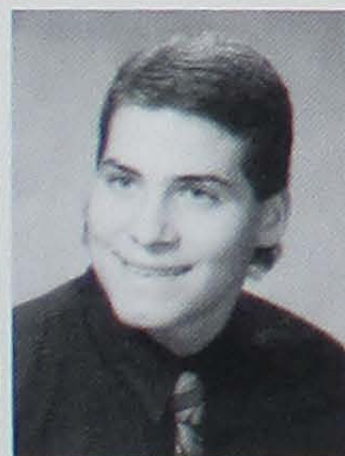
Erich Leith Menzel: Soccer 9-12; I Ball 12. **Karin Messenger:** Concert Choir 11, 12; Play Cast/Crew 12. **John Millemann:** Symphonic Band 12; Marching Band 9, 10; Track 9-12; Homecoming Court 12; Volunteers 11, 12; Concert Band 10, 11; Student Council 11, 12; Football 9-12; Basketball 9-12; Student Senate 9, 10. **Carrie Miller.** **Jeremy Lloyd Mize:** Wrestling 9-12; Football 9-12; Track 9-12; Soccer 11; I Ball 11, 12.



Chris Moen: Boys' Swimming Manager 9-12. **Brian Muchinsky:** Cross-Country 11, 12; Play Cast/Crew 11, 12; Academic Decathlon 12; TV Show 12; Knowledge Bowl 10, 12. **Amy J. Mullica.** **Moira Kathleen Murphy:** Cadet Teaching 12; Big Sis/ Lil' Sis 9, 11, 12; Senior Girls Club; Homecoming Committee 9-11; Volunteers 10-12; STAND 11, 12; Terpsichore 10; Cheersquad 9-11. **Elizabeth Myers:** Track 9-12; Cross Country 10-12; Spirit 11; Volunteers 12; Senior Girls Club.



Laurel K. Nakadate: Play Cast/Crew 9-12; One Acts 9-12; Thespians 9-12, President 12; Terpsichore 9-12. **Joshua Nemitz:** I V-ball 9, 10; Volunteers 11, 12; I Ball 9-12. **Adria Nelson.** **Joe Nevshemal:** Thespians 11, 12; Speech Club 9-12; Student Director 12; One Acts (Director) 12; Play Cast/Crew 9-12; Swimming 10, 12. **Maggie A. Noland:** Thespians 11, 12; Student Director 12; Volunteers 12; One Acts Director 12.



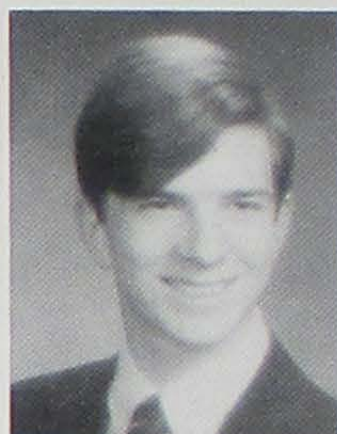
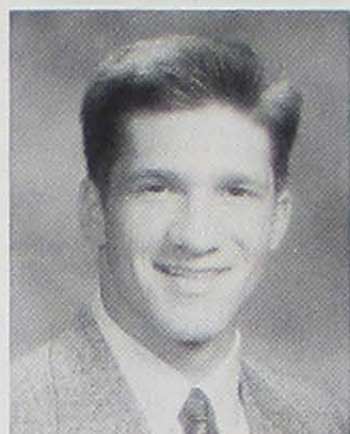
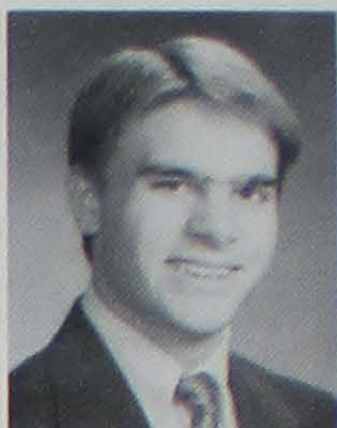
Jon Oakland. **Mike Ogbourne:** Hockey 11, 12; Baseball 11, 12. **Andrea Olson:** Drum Major 11, 12; Terpsichore 9-12, (Choreographer) 12; Symphonic Band 10-12; Concert Band 9-12; Pep Band 10-12; Jazz Band 9; Choir 10, 12; Swimming 9-11; Mock Trial 9-11; SADD 12; Flag Corps 9, 10; Black History Showdown 9, 10; Track 9; Big Sis/ Lil' Sis 11, 12. **Matt Olson.** **Derek O'Neill:** Wrestling 12; 100th Green Butterfly 12; STAND 12.

Brooke Orth: Softball 9; Track 9; DECA 12; Big Sis/Lil' Sis 12; Volunteers 12. **Wes Osam.** **Noelle Osborn:** Freshman Choir; Basketball 9, 10; Concert Choir 10, 11; Big Sis/Lil' Sis 11; Track 10-12; Cross Country 11, 12; I Ball 11, 12; Captain 12. **Courtney Padgitt:** Wrestling 9-11; Play Crew 11, 12; Speech Club 11, 12; Thespians 12; Play Cast 12. **Sue C. Pak.**

Betty Pang: Student Senate 9, 11; Student Council 9, 10, 12; Swimming 10-12; Accompanist 9-12. **Danelle Pantenburg:** Basketball 9, 10; I V-ball 9-12; I Ball 11, 12; Band 9, 10; Cross Country 11, 12; Choir 9-12; Solo/Ensemble Contest 10-12. **Kristin Parks.** **Brian Dexter Parrish:** Band 9-12; Choir 9-12; Madrigal 10-12; All-State Participant (Vocal) 11, 12; Solo/Ensemble Contest 9-12; Chamber Singers 10-12; Thespians 9-12; Play Cast/Crew 9-12; One Acts Cast 9, 11, 12. **Eric Pavlik.**

Tom Payne: Track 10-12; Rules Committee 12; Football 9-12; Swimming 9-12; Baseball 9-11; Homecoming Cmte 12; Student Council 12. **Aaron Peck:** Basketball 9; I Ball 10; Soccer 9-12. **Tom Pepper:** Madrigal 9-12; All-State Participant (Vocal) 10-12; Thespians 11, 12; Speech Club 9, 10; One Acts (Director) 12; Student Senate 9, 10; Solo/Ensemble Contest 9, 10, 12; Play Cast/Crew 9-12. **Joseph Kim Peters.** **Cara Peterson:** Choir 9-12; DECA 12.

Dawn Peterson: Basketball 9-12; Track 9-11; Soccer 9-12. **Michael Peterson:** I Ball 9-11; Golf 11, 12; Baseball 9-12; Football 9; I V-ball 9, 10. **Jennifer Phillips:** Madrigal 10-12; All-State Participant 11, 12; *Scratch Pad* 12; Student Council 9; Choir 10-12; Musical 12; Solo/Ensemble Contest 10-12. **Amy Elizabeth Poague:** *Scratch Pad* 10-12; Orchestra 9-12; Amnesty International 9, 10. **James Edward Polston:** Basketball 9, 10; I Ball 11, 12; Golf 11, 12; Tennis 9-12; Iowa DECA President 12.



If you could possess any talent, what would it be?

"I'd be Super Woman."

—Angela Davis

"I wish I could dance, so when I went, I wouldn't have to sit and watch."

—Jessica Hugdahl

"To be a well-known speaker and leader."

—Melissa Kell

"If I could pick up cars, that would be cool."

—Brian Parrish

"I wish I could dunk a basketball over Michael Jordan."

—Jennifer Phillips

"Be able to play sports until I'm old and gray."

—Dan Redmond

"I'd be a famous actress and model, and make millions of dollars."

—Sara Brunscheon

"Fred Rogers, so I could have a closet filled with old crusty shoes and pretty brown cardigans."

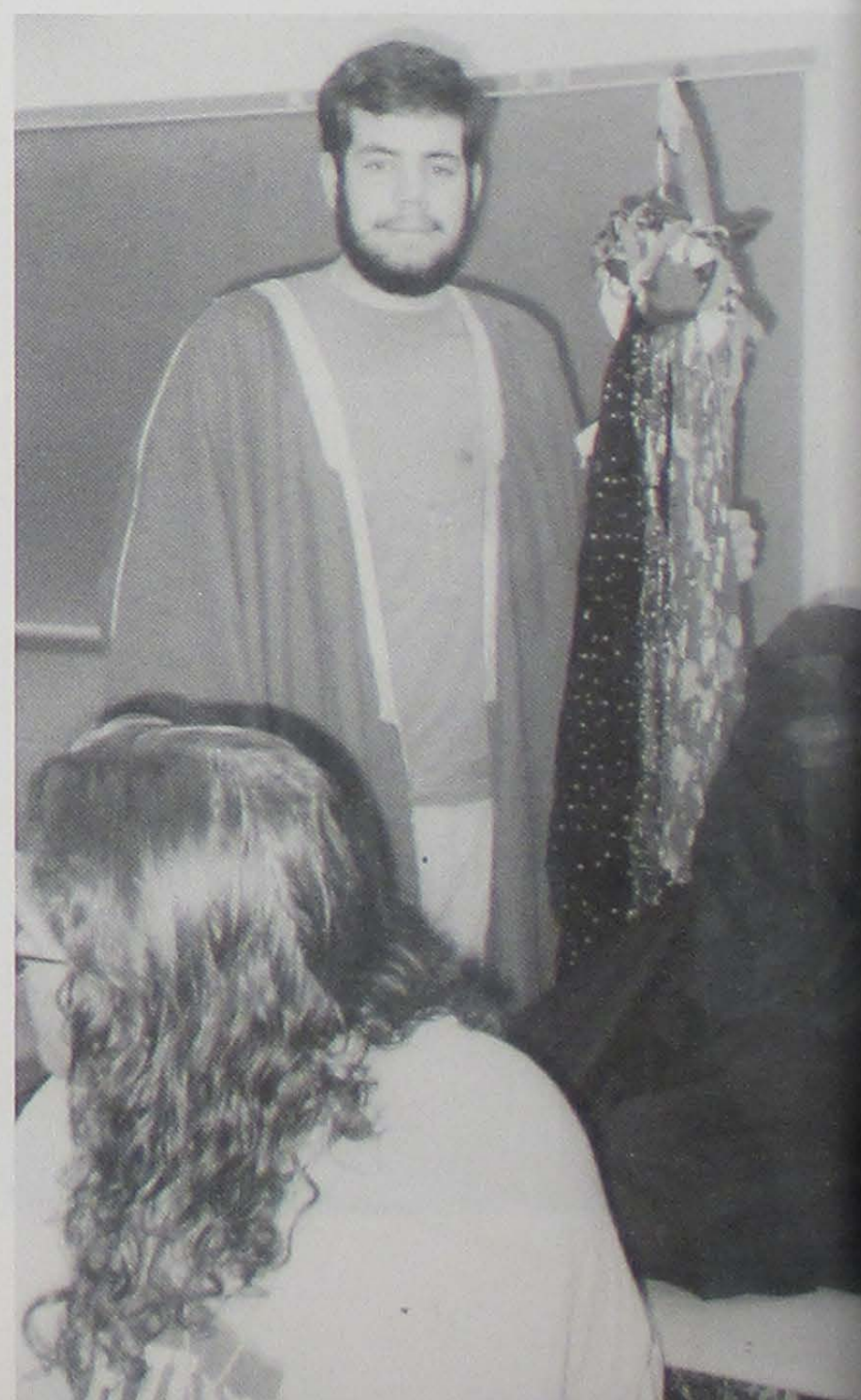
—Tom Pepper

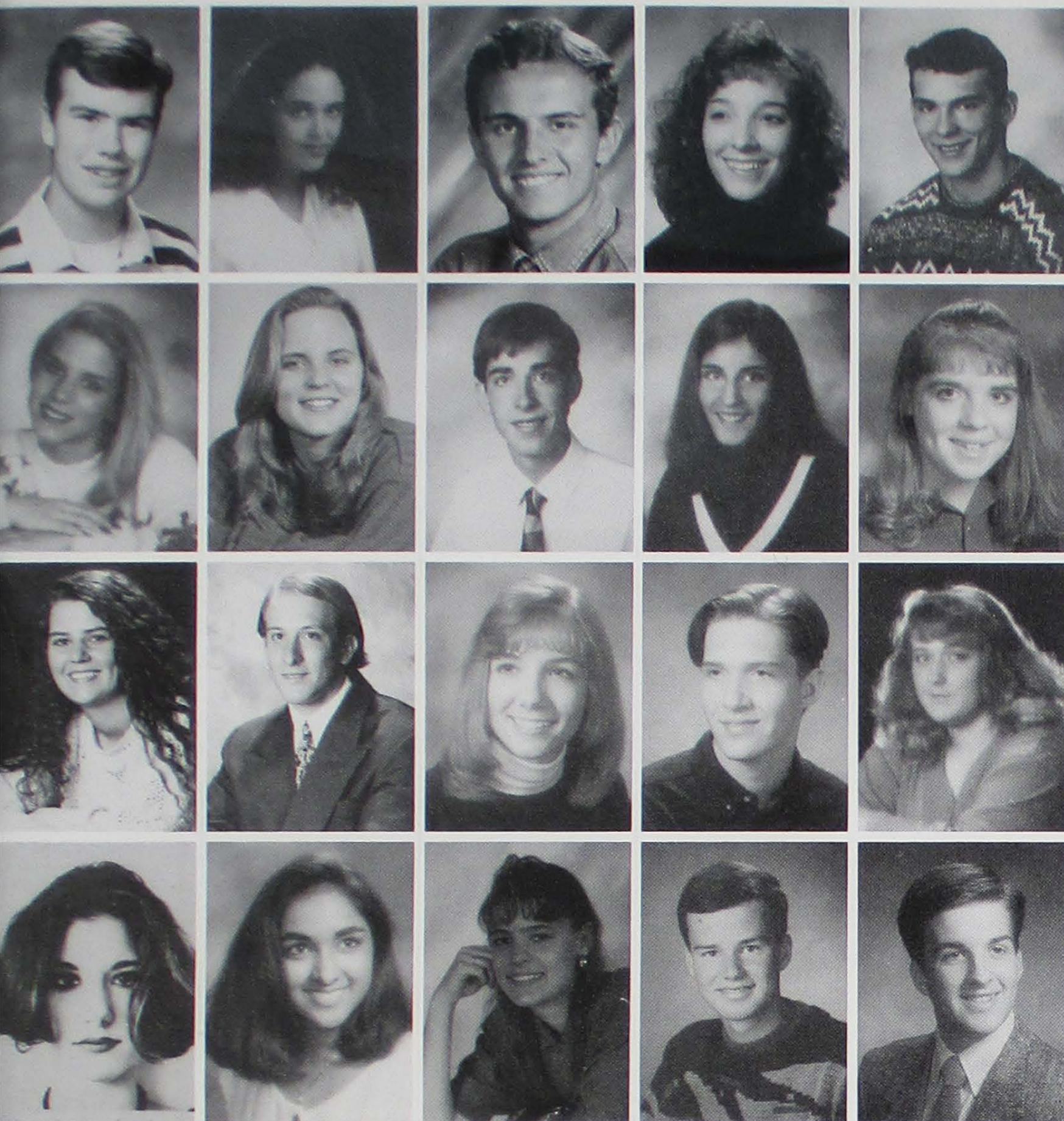
"I think I'm talented already."

—Josh Huntington

"Be able to sleep through classes and still ace them all."

—Brett Hodges



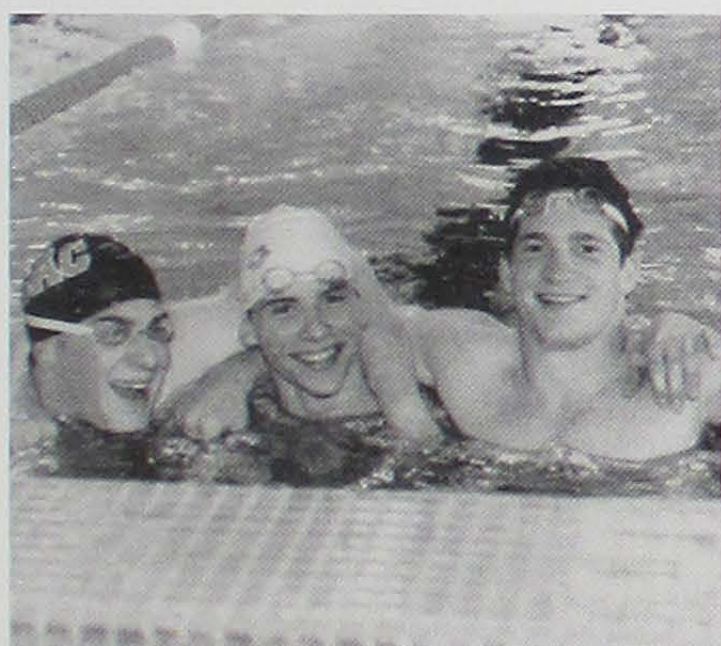


Andrew M. Potter: Baseball 9-12; I Ball 9-12, Captain 12; I V-ball 10-12; Web Sports Editor 12. **Elaina M. Prochaska:** Big Sis/Lil' Sis 9, 11; Freshman Choir; Concert Choir 10; I V-ball 9, 12; I Ball 9-12; Basketball 10; Track 10-12. **Dan Redmond:** Soccer 9-12; I Ball 12. **Anna Reed.** **Tory Reiman.**

Angela Reis: Hockey Cheerleader 9, 10; Big Sis/Lil' Sis 9, 11, 12; Volunteers 11, 12; DECA 12; Homecoming Committee 12; Terpsichore 11. **Angela Riley.** **Matthew Robinson.** **Erin Ross:** Cross Country 9-12; Track 9, 10; Big Sis/Lil' Sis 9, 12. **Michelle Roth.**

Tracy Dyanne Sailsbury: DECA Officer 12. I V-ball 9. **Andrew Runner.** **Carrie Salvo:** Cross Country 9-12; Cheerleading 10-12; Track 9, 10; Homecoming Cmte 11, 12; Volunteers 12. **Alex Schafroth:** Symphonic Band 12; Pep Band 10-12; Jazz Band 9, 12; Marching Band 9-12. Black History Quiz Bowl 9, 10; *Scratch Pad* 9, 10; I Ball 9, 10; Concert Band 10-12. **Jennifer Schrad:** Trainer 9-12; Basketball 9, 10; Marching Band 9-11; Concert Band 9-11.

Jennifer Scott: Freshman Choir; Concert Choir 10; Key Club 9; TV Show 9; Big Sis/Lil' Sis 12; SADD 9. **Shaly Seecharan.** **Jennifer Anne Sevenbergen.** **Aaron Sheeler:** Cross Country 10-12; Track 10-12; I Ball 10-12; Soccer 12. **John Sherman.**



After winning their relay, junior Joe Levine, sophomore Nathan Terry and senior Tom Payne celebrate their victory and reaffirm that they are number one. (Photo by Beth Myers)

To break the monotony a little, some students dressed up for Halloween. Senior Brian Parrish chose to be a sun god for the day, while senior Jehan Faisal veiled herself in fashions from the Mid-East. (Photo by Robin Geiger)

What is
your
favorite
Ames
restaurant?

No. 1:
Hickory Park

No. 2: Applebees

No. 3: Ruttlles

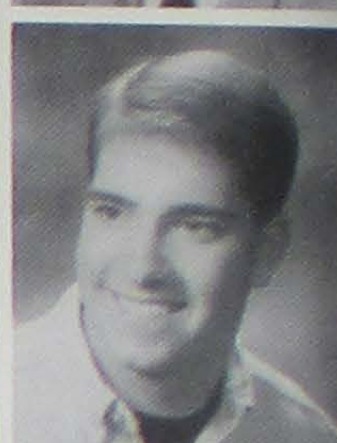
250 Students Surveyed

By Leah Mills

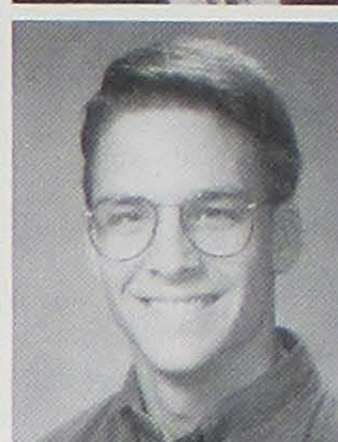
Michael Shimkus: Band 9-11; IV-ball 9; I Ball 10; Chess Club 9, 10; Ambassadors 12; Soccer 10-12; Web 12. **Derek Michael Shonrock:** Thespians 10-12; Play Cast/Crews 9-12; Madrigal 11, 12; Concert Chorale 11, 12; I Ball 12; Wrestling 9. **Mark Sibbel.** **Julie Simonds:** Track 9-12; Cross Country 9-12; Homecoming Court 12; Cheersquad 9; Homecoming Cmte 11, 12; Volunteers 11, 12; Student Council 10; Student Senate 9, 11, 12; Big Sis/Lil' Sis 9, 12; Terpsichore 11. **David Sivesind:** Football 9-12; Track 9; Marching Band 9, 10; Concert Band 10-12; I Ball 9-12.



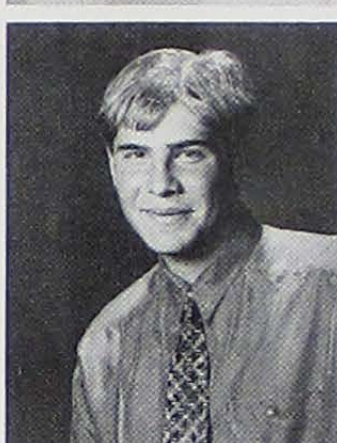
Jana Lyn Skaff: Terpsichore 10-12; Choreographer 11, 12; Marching Band 9-12; Freshman Band; Concert Band 10-12; Symphonic Band 12; Big Sis/Lil' Sis 9, 12. **Carrie Skrdla:** Symphonic Band 10-12; Marching Band 9-11; Concert Band 9-12; Choir 9, 10; Trainer 11; Volleyball 9. **David Smalling:** Baseball 9-12; Football 9-12; Track 9-12; I Ball 9-12; Class Treasurer 12; Ambassadors 12; Volunteers 12. **Christopher S. Smith:** Jazz Band 12; Play Cast 12; Ambassadors 12; Knowledge Bowl 10, 12; IV-ball 12; I Ball 10. **David B. Smith:** DECA (Officer) 12; Hockey 9-12; Golf 9-12; IV-ball 9-12.



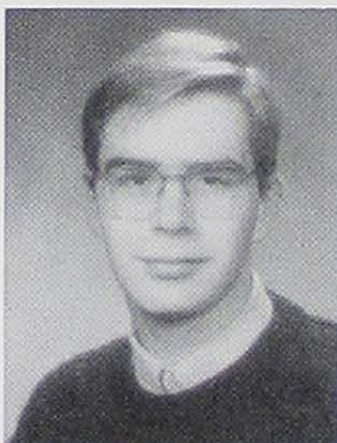
Ketra Smith: Volunteers 12; Big Sis/Lil' Sis 11; Terpsichore 9. **Shannon Marie Snyder:** Marching Band 9, 10; High School Integration Program 10-12; Concert Band 10; Concert Choir 10. **Ryan Soy.** **Kent Spillers:** Football 9, 10; Wrestling 9; Hockey 10-12; Baseball 9, 10; DECA State Officer 12. **Jeff Stiles:** Cross Country 9-12; Track 9-12; Basketball 9-12; Volunteers 11, 12.



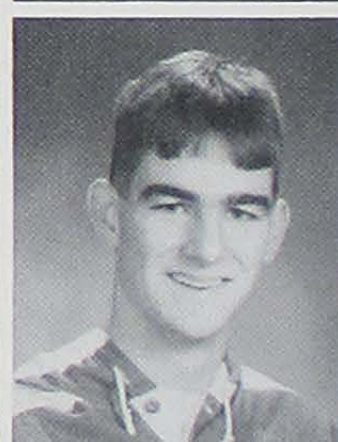
Jerod Storck: Choir 9; Football 10-12; Volunteers 11, 12; I Ball 10. **Rebecca Ann Stott:** Cross Country 9-12; Track 9-12; *Spirit* 11, Section Editor 12; Symphonic Band 11, 12; Concert Band 10-12; Marching Band 9-12; Big Sis/Lil' Sis 12; Freshman Choir, Freshman Band. **Paul Strand.** **Jason Sturges:** Madrigal 11, 12; All-State Choir 12; Orchestra 9-12; Accompanist 11, 12; Concert Chorale 12; Play Cast/Crew 9-11; Terpsichore 12. **Joseph P. Sweeney:** Football 10-12; I Ball 9-12; STAND 12.



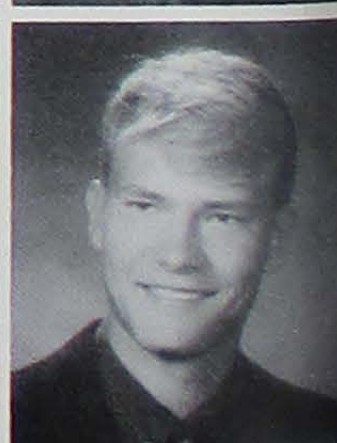
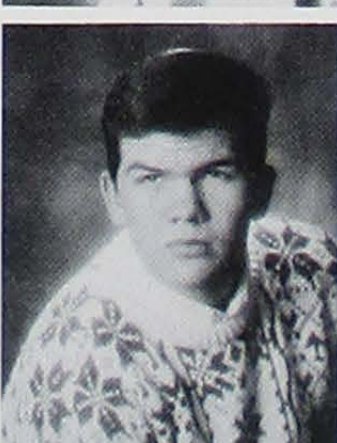
Brian Terry: Swimming 9-12; Football 9-11. **Danielle Thompson:** Track 9; Cheersquad 10-12; Volunteers 11, 12; Big Sis/Lil' Sis 9, 12. **Zachary A. Thompson:** Wrestling 9-12; Football 9, 10; I Ball 12; High School Rodeo 11, 12. **Beth Ann Titus:** Exchange Student 11; Track 9, 10; Cross Country 9-12; Madrigal 11, 12; Choir 9; Concert Chorale 10-12; Student Senate 12; Freshman Band; Marching Band 9, 10. **Joy A. F. Troeger:** Concert Chorale 11, 12; Treble Choir 10; Choir 9; Madrigal 12; Symphonic Band 12; Chamber Orchestra 12; Concert Band 10-12; Marching Band 9-12; Freshman Band.



Tyler Uetz: Thespians 10-12; Basesball 11, 12; Play Cast 9-12; One Acts Director 12; I Ball 10-12, IV-ball 10-12; Speech Club 10; Student Director 10. **Lisa Van Cannon.** **Lee Vandewater:** Football 11, 12; Soccer 9, 10; I Ball 9-12. **Elizabeth Anne Van Houten:** Cheersquad 9-11; IV-ball 9, 12; I Ball 9, 11, 12; Terpsichore 9-12, Choreographer 11, 12; Homecoming Cmte 12; Volunteers 11, 12; Golf 9-12; Entheos 10; Cross Country 11, 12; Airbands 12. **Noah Vegge.**



Aaron Vetter: DECA 12; Track 9-11; Football 10, 11; I Ball 9-11. **Andy Vogel.** **David Wagner.** **Jennifer Wagner:** Volunteers 11, 12; IV-ball 9, 10; Big Sis/Lil' Sis 11, 12. **Bryan August Warne:** Track 9-12; Volunteers 11, 12; Football 9-12; Student Senate 9, 10; Basketball 9, 11, 12.





Lizz Welch. Amy White: Track 9; DECA 12; Cheersquad 9-12; Homecoming Committee 10; Volunteers 11, 12; Basketball 9; Concert Choir 9. **Rachel White.**



Chris Whitehead: Thespians 12; Play Cast/Crew 9-12. **Jennifer Whitehead. Tina Wiegand:** Softball 9-12; DECA 12; STAND 11, 12; Manager 10; Volleyball 9; IV-ball 10, 12; Volunteers 11, 12; Senior Girls Club; Big Sis/Lil' Sis.



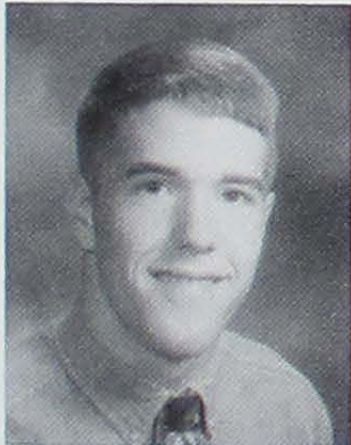
Melissa Ann Wierson: Special Olympics 12. **Janine Wiggins:** Soccer 9-12; I Ball 11; Tae Kwon Do 9-12. **Jennifer Wilcox:** Cheersquad 9; Basketball 9-10; Track 9; Softball 9-12; IV-ball 10-12; I Ball 11, 12; Golf 11; Big Sis/Lil' Sis 9, 12; Airbands 12; Volunteers 11, 12.



Carrie Anne Wilhite: DECA 12; Volunteers 12; Airbands 12. **Monica Wilke:** Swimming 9-12; Student Senate 11, 12; Spanish Competition 10-12; Key Club 9, 10; SADD 9, 10; Big Sis/Lil' Sis 9, 11. **Mary Willard.**



Kari Lynn Wille: Web 11, Editor 12. **Daniela Williams:** Swimming 9-12; Boys' Swimming Mgr 11, 12; Big Sis/Lil' Sis 9; Marching Band 9, 10; Concert Band 10; Freshman Band; IV-ball 10, 11. **Elaine M. Wipf:** Play Cast/Crew 9-12; Thespians 10-12; One Acts Director 11; One Acts 12; Thespian Officer 12; *Scratch Pad* 12; Terpsichore 12; Concert Choir 10; Key Club 9.



Shane P. Wirth: Basketball 9-12; Football 9-12; Track 9; Volunteers 11. **Jeffrey Willson. Christopher Lynn Wycoff:** Track 9-12; Football 9-12; Basketball 9, 10; I Ball 11, 12; Airbands 11, 12.



Clint Zeimet: Choir 9; Concert Choir 10; Concert Chorale 11, 12; Chamber Singers 10-12; Track 9, 12; Cross Country 9, 10, 12; Play Cast 9; OPUS Honor Choir 9; All-State Chorus 10, 12; Student Senate 9-11; Swimming 12. **Isaac Zimmerman:** Soccer 9-12; Spanish Competition 9-11.

Not Pictured

Wesley Alan: Key Club 12; Track 9, 10; Speech Club 9-12; Play Crew 9-10. **Cory Armstrong. Ivan Artiushun. Heather Beaman. Jeff Booms. Aleece C. Buxton. Samantha Christensen. Scott Christy. Angela Ellmaker. Sean Estes. Jehan Faisal. David Faux:** Football 9-12; Wrestling 9; Track 9; Choir 9, 10; Ambassadors 12; Academic Decathlon 11, 12; I Ball 9-12. **Nakia Giddens. Anand Giri. Thaddeus Grebasch. Randy Halsrud. Melissa Haynes:** Pep Band 12; Symphonic Band 12; Cadet Teaching 12. **Kristina Higgins. Yi-Chun Hou. Yu-Chieh Huang. Aschleigh Jensen-Eldridge:** Students Against Apartheid 9; Terpsichore 11, 12; Choreographer 12; Big Sis/Lil' Sis 9, 12; Multi Cultural/Non-Sexist Cmte; Power of One 11, 12. **Christopher Jessen:** STAND 11; VICA 12. **Daniel Kamm:** Football 9-12; Wrestling 9-12; VICA 12; Treasurer 12; I Ball 11, 12. **Bittoo Kanwar:** Football 9-12; Student Council 12; STAND 11, 12; I Ball 10-12; Volunteers 11, 12; 100th Green Butterfly 12; IV-ball 12; Ambassadors 12. **Quin Kennedy. Joyce Kim. Tonya Kitchel:** Big Sis/Lil' Sis 9. **Sarah Knapp. Marcia Kuempel. Helen Lueth. Xiao Luo. Jean Lynott. Roy Nichols. Amy Odom. Martin Osam. Raymond Pankey. Matthew Parsons. Richard Patterson. Solomon Pech. Matthew Sapp. Evan Serfass. Jason Slater. Nokeo Somsanith. Brett Speth. Sung Suh. James Swett. Clint Thompson. Stuart Thompson. Somphet Thongsouk:** Football 12; I Ball 12. **Jacob Wacker. Jill Wallace. Chad Weltha. Wesley Whitfield. Joshua Wirtz.**



Performing to music from the *Malcolm X* soundtrack, junior Ruthie Kaplan and seniors Hope Amos and Olutomi Fadeyi join hands to symbolize that all people can live together peacefully. The dance was part of the annual Martin Luther King, Jr. assembly. (Photo by Alicia Ackerman)

• Awards • Awards •

Academics

Presidential Academic Fitness

Award: Akin Akinc, Jessica Allen, Bronwen Benbow, Annagreta Birch, Judd Bowman, Jesse Coats, Laura David, Suzanne Dietz, Malissa Donahey, Tom Drewes, Cassie Dunham, Kari Ellingson, John Even, Lon Freeman, Kris Fretz, Ghina Goodfriend, Mark Harms, Melissa Haynes, Valissitie Heeren, Amy Henderson, Jessica Hugdahl, Jessica Jones, Rebecca Jones, Laura Kain, Debbie Katz, Chris Klocke, Duke Knapp, Megan Knutsen, Katie Krogmeier, Jennifer Leek, Margie Mayfield, Angie McConnell, Susie McGee, Phil McWaters, Sara Meinhard, John Milleman, Adria Nelson, Mike Ogbourne, Betty Pang, Tom Payne, Aaron Peck, Jennifer Phillips, Amy Poague, Andrew Potter, Matt Robinson, Alex Schafroth, Shaly Seecharan, Evan Serfass, Carrie Skrdla, David Smalling, Beth Titus, Joy Troeger, Jennifer Wagner, Bryan Warme

State of Iowa Scholar: Akin Akinc, Jessica Allen, Judd Bowman, Jesse Coats, Suzanne Dietz, Tom Drewes, Kari Ellingson, John Even, Lon Freeman, Kris Fretz, Mark Harms, Valissitie Heeren, Amy Henderson, Jessica Hugdahl, Jessica Jones, Laura Kain, Debbie Katz, Chris Klocke, Duke Knapp, Megan Knutsen, Katie Krogmeier, Angie McConnell, Phil McWaters, Adria Nelson, Betty Pang, Jennifer Phillips, Alex Schafroth, Carrie Skrdla, David Smalling

National Merit Commended Student: Akin Akinc, Amy Jo Brown, Scott Christy, Suzanne Dietz, John Even, Mark Harms, Valissitie Heeren, Amy Henderson, Josh Huntington, Rebecca Jones, Debbie Katz, Tonya Kitchel, Chris Klocke, Megan Knutsen, Edwin Krafur, Brian Muchinsky, Jennifer Phillips, Andrew Potter, David

Sivesind, Joe Sweeney, Jennifer Wagner, Bryan Warme

Advanced Placement Scholar:

Judd Bowman, Mark Harms
National Merit Scholarhsip Finalist: Judd Bowman, Jesse Coats, Laura David, Jim Divine, Tom Drewes, Lon Freeman, Katherine Hodges, Corine Hegland, Adria Nelson, Martin Osam, Betty Pang, Shirley Keller, Angie McConnell, Phil McWaters, Alex Schafroth, Evan Serfass, Jeffrey Willson, Chris Wycoff

Presidential Scholars: Phil McWaters, Tom Drewes (semi-finalist), Angie McConnell (semi-finalist), Corine Hegland (finalist), Evan Serfass (semi-finalist), Jeffrey Willson (semi-finalist)

Tandy Technology Scholar:

Mark Harms, David Smalling

Century III Leaders Sylvan

Scholars Program: Farhang Raaii

Leadership/Citizenship

Iowa State Bar Association American Citizenship Awards:

Allison Cooper, Beth Holger, David Smalling, Jeff Stiles
Martin Luther King, Jr., Scholarship: Tomi Fadeyi, Hope Amos

Ames School Development Scholarship: Eva Hernandez, Bryan Warme

Governor's Youth Leadership Award: Eva Hernandez

Hanger Foundation Scholarship: Matt Ashburn

Brent Anderson Memorial Scholarship: Steve Bern

Beta Tau Delta Scholarship: Annagreta Birch, Danielle Thompson

Ames Jaycees Scholarship: Jeremy Gardner

Grand Masonic Lodge of Iowa Scholarship: Jeremy Gardner

Knights of Columbus: Youth of the Month: Kari Ellingson, Jessica Hugdahl

Norwest Bank Scholarship: Kari Ellingson

Ames Alumnae Panhellenic Scholarship: Bernadette

Hartman

Ames High School Alumni Association Scholarship: Duke Knapp, David Smalling, Jenny Wilcox

Ames Junior Achievement Scholarship: Sarah Little

Ames Woman's Club Scholarship: Sarah Little

U.S. Senate Youth Scholarship: Phillip McWaters

Ames Noon Kiwanis Scholarship: Shannon Snyder

Ames Arcadia Lodge Masonic Scholarship: Farhang Raaii

Ames Rotary Scholarship:

David Smalling, Danielle Thompson

First United Methodist Church Youth Foundation Scholarship:

David Smalling

Principal's Leadership Award Scholarship sponsored by

Herff Jones Company: David Smalling

Discover Card, Inc./American School Administrators

Award: Malinda Cooper

Ames City Employees Credit Union Dave McCoy Memorial Scholarship: Jennifer Leek

Writing/Journalism

Scatch Pad Awards: Marks Harms, Corine Hegland, Josh Huntington, Jon Oakland, Courtney Padgitt, Derek Shonrock, Jason Sturges, Emily Woline

Des Moines Women's Club Literature Scholarship: Corine Hegland

National Scholastic Writing Silver Award: Jennifer Phillips

NCTE Writing Achievement Award: Amy Poague

Scott Berryhill Memorial Scholarship: Scott Litchfield

Daughters of American Revolution Good Citizen Essay

Contest State Winner: Duke Knapp

Foreign Language

National Spanish Exam: Cata Flores (1st in Iowa), Eva

Hernandez (1st place), Nate Jones (1st in Iowa)

Math, Science, and Vocation

Industrial Technology Award:

Akin Akinc, Matt Ashburn, Chad Fowles, Tom Kepley, Nathan Makelbust

Mathematics Award: Dan Braun, Michael Chang, Dion Harmon, Evan Jeffrey, Dan Johnston, Angie McConnell, Jason Petersohn, Matthew Prins, Joshua Prins, Farhang Raaii, Tami Shinar, Mark Sibbel, Chris Smith, Jeffrey Willson

Ames Education Association Scholarship: Laura David

National Science Foundation Award: Laura David

Phi Delta Kappa Scholarship Grant for Prospective Educators: Laura David

Ames Education Association Silver Anniversary Scholarship: Cassie Dunham

Dept. of Education Summer Honors Workshop at Argonne

National Lab: Kari Ellingson

Ames Education Association Wendy Zimmerman Scholarship: Jessica Hugdahl

Herbert F. Tschopp Memorial Mathematics Scholarship:

Daniel Redmond

Shaffer's Auto Body Company Scholarship: Mike Ogbourne

Mary Greeley Medical Center Auxiliary Health Career

Scholarship: Farhang Raaii

Rensselaer Award: Farhang Raaii

Drake Physics Prize: Jeffrey Willson

Art

David Burton Stone Memorial Art Award: Jon Durlam, Ashley Hagen, Josh Nemitz, Jenn Scott

4-H of "Iowa" Scholarship in Art: Ashley Hagen

Des Moines Women's Club Art Award: Ashley Hagen

Frank Miler Scholarship in Art:



Top 10 percent. Front Row: Duke Knapp, Lon Freeman, Mike Ogbourne, Bryan Warne. **Second Row:** Debbie Katz, Melissa Haynes, Jennifer Phillips, Sara Meinhard, Ghina Goodfriend, Shala Sethi, Susie McGee, Laura David. **Third Row:** Megan Knutsen, Judd Bowman, Jessica Allen, Carrie Skrdla, Valissitie Heeren, Bernadette Harman, Jessica Jones, Kari Ellingson, Betty Pang, Katie Krogmeier. **Back Row:** Angela McConnell, Mark Harms, Akin Akinc, Amy Henderson, John Even, Kris Fretz, John Milleman, Phil McWaters, Tom Drewes, David Smalling.

Ashley Hagen, Laurel Nakadate, Sue Pak
National Congressional Arts Caucus, "Artistic Discovery" Competition: Ashley Hagen
Jeffrey Brown Memorial Photography Award: Laurel Nakadate, Cori Kindred, Duke Knapp, Ryan Lewis
First National Bank Art & Photography Awards: Darren LaGrange, Molly LaGrange, Kristin Parks, Chris Whitehead, Wesley Whitfield

Athletics

Amateur-Athletic Union/Mars Milky Way High School All-American Award-Honorable Mention: Amy Henderson, Bryan Warne
Ames Minor Hockey Association Scholarship: Mike Ogbourne
Bernie Saggau Award: Jeff Stiles

Military

U.S. Air Force Academy: Bryan Warne
U.S. Military Academy: Bryan Warne

Institutions

U of I Engineering Honors

Freshman Scholarship: Jessica Allen, Judd Bowman
Northwestern College Vocal Award: Marnie Anderson
Luther College Larsen Presidential Scholarship: Steven Bailey
ISU Marston Club Scholarship: Annagreta Birch, John Even, Kari Ellingson, Lon Freeman, Chris Klocke, Malissa Donahey
Vanderbilt Engineering Grant: Annagreta Birch
Cornell University John McMullen Dean's Scholarship: Judd Bowman
ISU Academic Recognition Scholarship: Judd Bowman, Melissa Haynes, Tom Drewes, Kari Ellingson, Lon Freeman, Kris Fretz, Angie McConnell, Debbie Katz, Jennifer Phillips, Shala Sethi, David Smalling
Washington University Dean's Honorary Scholarship: Judd Bowman, Mark Harms, Phil McWaters
San Francisco Art Institute Sobel Memorial Scholarship: Amy Jo Brown
Colorado State University Distinguished Scholar Award: Laura David
Central College Academic Scholarship: Earl Dowling, Jr.
Cornell College Leadership

Awards

Scholarship: Earl Dowling, Jr.
Cornell College Academic Scholarship: Earl Dowling, Jr.
ISU President Leadership Class Scholarship: Earl Dowling, Jr.
ISU Economics, T. W. Arthur Memorial Scholarship: Earl Dowling, Jr.

Lawrence University IDEA Program: Cassie Dunham
ISU Women In Science & Engineering Freshmen: Kari Ellingson

Buena Vista Centennial Scholarship: Ghina Goodfriend
Buena Vista Z.Z. White/Madge White Memorial Endowment Scholarship: Ghina Goodfriend
Chicago Art Institute Scholarship in Art: Ashley Hagen
School of Visual Arts/New York Scholarship in Art: Ashley Hagen

U of I, Iowa Center for the Arts Scholarship: Ashley Hagen
Northeast Missouri State University President's Combined Ability Scholarship: Jeff Haliburton, Aaron Peck
Beloit College Eaton Scholarship: Valissitie Heeren
Beloit College Tuition Exchange: Valissitie Heeren
Franklin & Marshall College Presidential Scholar: Valissitie Heeren

Creighton University Carl M. Reinert Academic Scholarship: Amy Henderson

ISU College of Education: Jessica Hugdahl

ISU College of Agriculture: Rebecca Jones

Luther College Regents Scholarship: Rebecca Jones, Megan Knutsen, Sara Meinhard

Northwest Missouri State University Regents Scholarship: Laura Kain

Wartburg Math/Computer-Science Scholarship: Laura Kain

Wartburg College Regents Scholarship: Laura Kain, Megan Knutsen, Jennifer Phillips

Wartburg Sibling Award: Laura Kain

Utah State University Presidential Scholarship: Debbie Katz

University of Michigan Annual Giving Scholar: Duke Knapp
Cornell College Presidential Scholarship: Megan Knutsen, Sara Meinhard

Aid Association for Lutherans Scholarship: Angie McConnell
ISU Presidential Scholarship: Angie McConnell

University of Illinois Campus Honors Program Scholarship: Angie McConnell

University of Illinois Engineering Scholarship: Angie McConnell

Bradley Special Scholarship: Phil McWaters

Washington & Lee University, Robert E. Lee Honor Scholarship: Phil McWaters

Washington University Scholarship: Phil McWaters

Central College Honor Scholarship: Sara Meinhard

Central College Distinguished Scholarship: Jeremy Mize

U of I School of Art, Emma McAllister Novel Art Scholarship: Laurel Nakadate

Drury College Academic

Honors Scholar: Jon Oakland

ISU Music Scholarship: Jennifer Phillips

Wartburg Vocal Music Scholarship: Jennifer Phillips

UNI Resident Scholar Award: Farhang Raaii, Chris Wycoff

ISU H. Stuart Kuyper Scholarship: Alex Schafroth

Kansas City Art Institute, State of Iowa "Silver" Scholarship in Art: Jenn Scott

UNI Science Symposium Scholarship: Michael Shimkus

ISU Simon Memorial Scholarship: David Smalling

ISU H. S. Ostlin Memorial Scholarship: David Smalling

Hobart & Smith College Scholarship: Kent Spillers

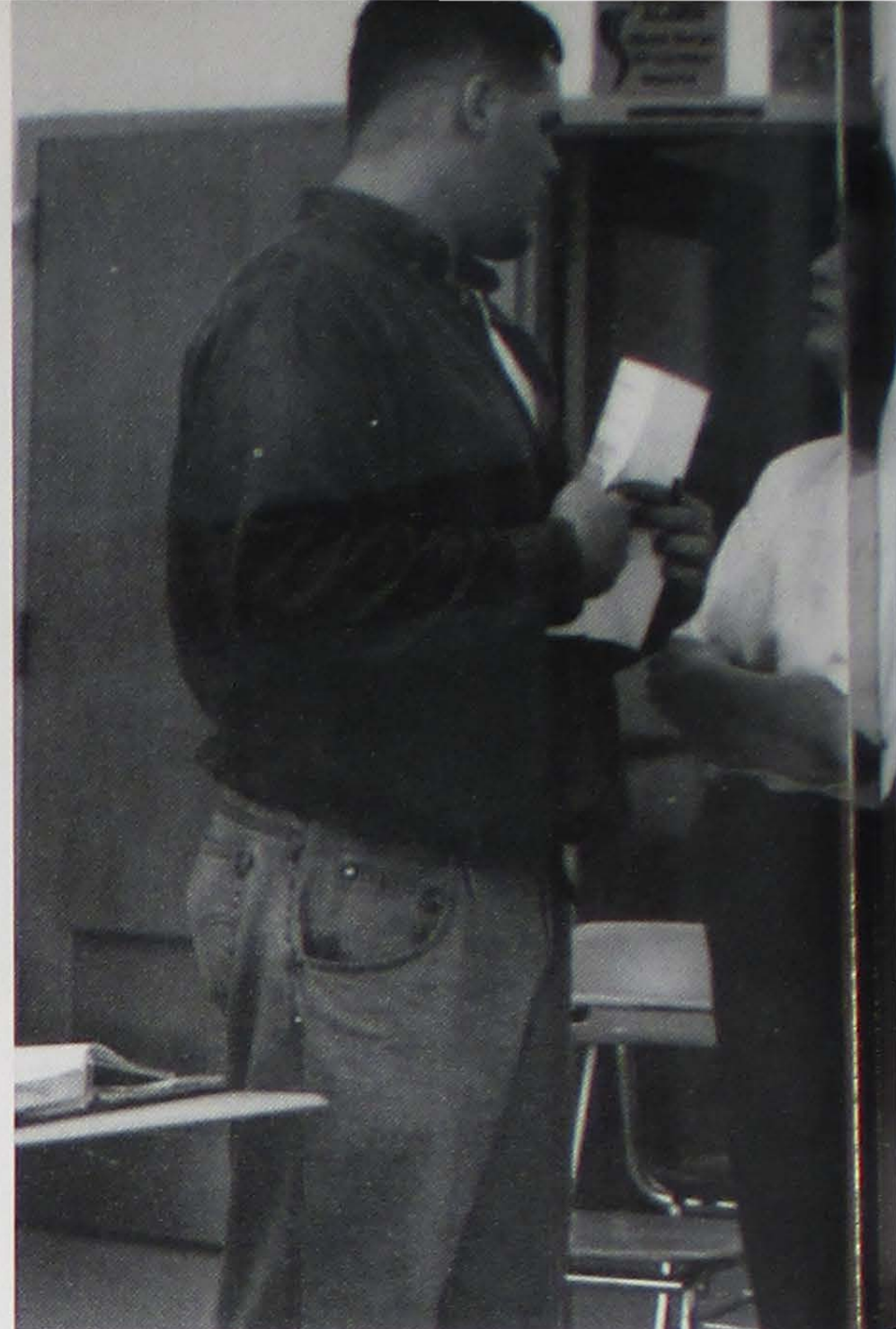
Yale University: Bryan Warne

UNI Freshman Achievement: Chris Wycoff

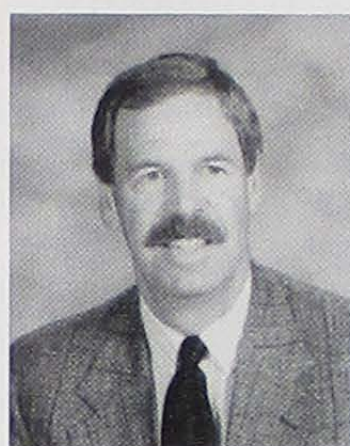
Reading the daily newspaper, World Studies teacher John Hilgerson relaxes with the students in the Media Center during one of his free periods. 1994 marked his final year teaching at Ames High School. (Photo by Alicia Ackerman)



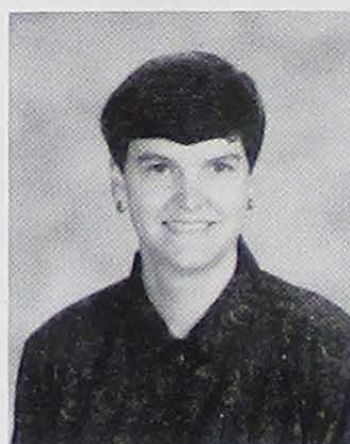
Discussing an assignment, junior Todd Swan and Spanish teacher Sue Lawler argue about the due date, while sophomore Abby Grebash sits patiently. Spanish class was often a time for games, making learning the language fun and creative. (Photo by Alicia Ackerman)



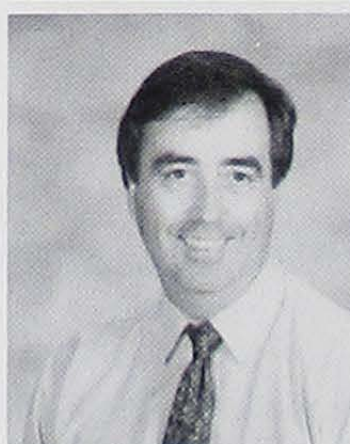
Chuck Achter: Principal. **Roger Anderson:** Instrumental Music, 9th Grade Concert Band, 9th Grade Jazz Band, Marching Band Assistant. **Linda Andorf:** Special Needs, High School Integration Program Advisor. **Cindy Bland:** Educational Assistant. **Carolyn Bolinger:** Freshman English, Sophomore Literature, Perspectives in American Literature, Advanced Composition, English Department Coordinator.



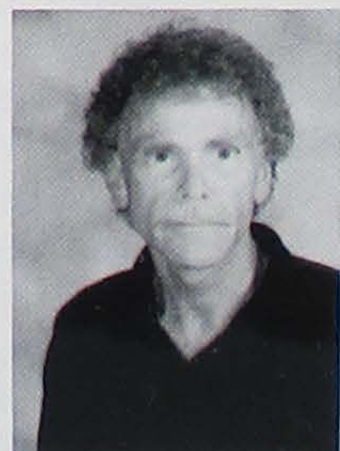
Judy Brunner: General Math, Algebra 1-A, Trigonometry, Precalculus. **Karen Bruton:** Instructional Support. **Mary Buck:** Educational Aid - Science Department. **Kim Burnett:** Sophomore Health, Health Concepts in Biology, STAND Sponsor. **Judith Burris:** Educational Assistant.

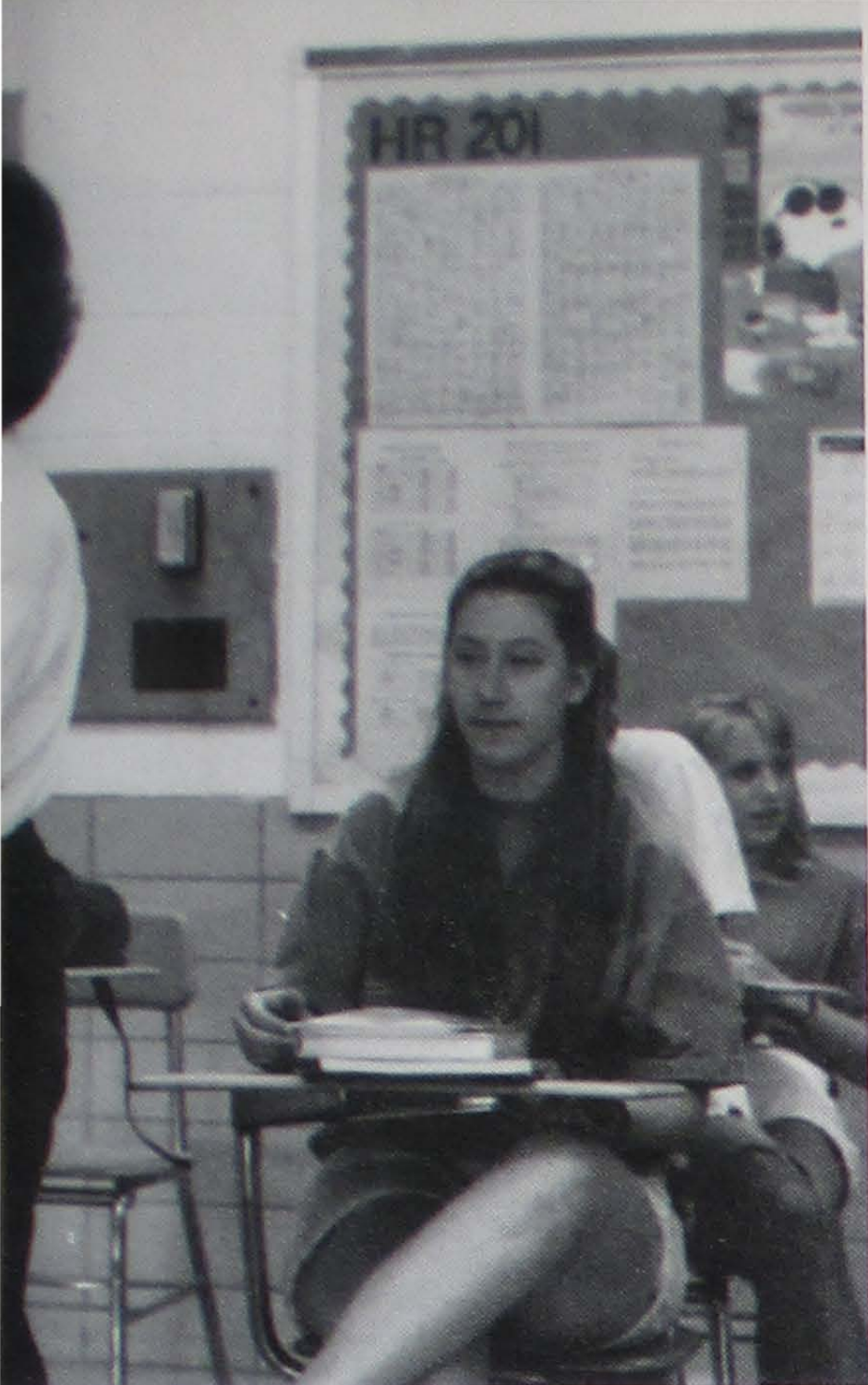


Alan Campbell: Business, Accounting, Typing, Business Economics. **LoAnn Campbell:** Honors American Literature, Survey of American Literature, American Literary Masterpieces, Advisor for the National Council of Teachers of English Achievement Awards in Writing. **Lucy Carey:** Educational Assistant, Special Education. **Judith Carlson:** German. **Keith Carlson:** Advanced Placement English, Perspectives in Literature, Freshman English, British Literature, Human Relations Committee, Building Facilitator.



Pat Crow: Special Education Assistant. **Kirk Daddow:** AP Western Civilization, ELP Director, Head Football Coach, Scratch Pad Advisor, Amnesty International Sponsor, Academic Teams Coordinator. **Carol Doering:** Media Assistant. **Harold Dorr:** Biology, Survey of Biology. **Jean Dow:** Drawing, Advanced Drawing, 2-Dimensional Art, Photography.





What is the best gift you've ever received?

"The most meaningful gift that I've ever received is my children."

—chemistry teacher **Ken Hartman**

"The best gifts were grade school art projects, like pottery, that my kids would make for me for Christmas or my birthday."

—English teacher **Carolyn Bolinger**

"Definitely my baby brother. I had wished for another sibling in my family for 10 years, and finally got him."

—math teacher **Virginia Swenson**

"My brother came home for Christmas one year when he was in the Army. That was definitely the best gift I've ever received."

—math teacher **Nancy Gaertner**

"My parents' support, both emotionally and financially, while I was in college, helped me to become self-sufficient and was the best gift I've ever received."

—physics teacher **Charles Windsor**

"The gift of love is the best gift I have ever received from anyone."

—secretary **Georgia Vondra**

"My bike that I got for Christmas when I was in sixth grade. My sister and I got matching bikes that year."

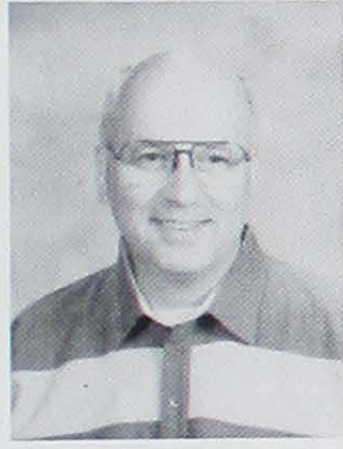
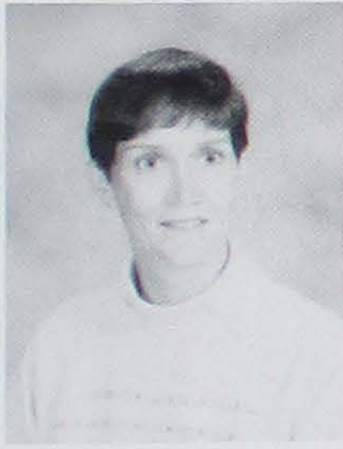
—educational aid **Mary Buck**

"The best gift I've ever received is my moustache."

—social studies teacher **Robert Uetz**



Jim Duea: Honors U.S. History, U.S. History, Head Girls' Track Coach, Assistant Football Coach. **Kirsten Eddings:** World Studies, American History, Mock Trial Advisor. **Kari Ellett:** Secretary. **Doug Elliot:** Custodian. **Don Faas:** Trade and Industrial Technology Coordinator, Auto Mechanics, VICA Adviser.



Elaine Faas: Attendance Secretary. **Traci Faber:** Educational Assistant. **John Forssman:** Survey of American Literature, Honors English 10 Literature, Honors Writing Workshop, English 10 Literature. **Julie Freed:** Advanced Composition, Creative Writing, English 9. **Betty Furr:** French I, German II, III, IV, Sponsor Germany Trip, Member of Building Improvement Team, Ames Community School District Multi-Cultural Non-Sexist Committee.



Merle Garman: Business Organization and Management, Business Law, Business Math, Keyboarding. **Homer Gartz:** Instrumental Music. **Bob Gibbons:** Honors Biology, Biology. **Reggie Greenlaw:** Mental Disabilities Teacher, Language Arts, Consumer Math, Social Studies, Vocational Preparation, Experience-Based Career Exploration, Community Mobility.



Susan Greulich: Educational Assistant. **Dorothy Gugel:** Foundation 2D Expression, Painting I, Advanced Painting, Printmaking I, Advanced Printmaking, Fibers I, Advanced Fibers, Photography I, Advanced Photography, Color Photography, Art Survey. **Marilyn Hanson:** Formal Geometry, Trigonometry, Precalculus, AP Calculus (AB), Mathematics Department Coordinator. **Ken Hartman:** Chemistry, Honors Chemistry. **Bev Horn:** Special Education.

Phil Johnson: Formal Geometry, Informal Geometry. **Judge Johnston:** Hall Monitor. **Jane Jorgensen:** Educational Assistant. **Tom Jorgensen:** Sociology, U.S. History, Assistant Girls' Cross Country Coach, Assistant Track Coach. **Alan Junck:** Survey of Chemistry, Chemistry.

Ann Junker: Basic Composition, Developmental Reading, Freshman English. **Mary Kautzky:** P.E. 9-10, Modern Dance, Terpsichore Director. **Dick Lang:** Computer Applications, Computer Science, Computer Programming, Drafting Graphics, Power Energy, Metals and Plastics. **Leonard Larson:** Career Mathematics, Enrichment English 10, Enrichment World Studies. **Diane Larson:** Special Needs, HIP Advisor.

Sue Lawler: Spanish I and II, Student Council Sponsor. **Loyd Lee:** Custodian. **Bud Legg:** Guidance Counselor. **Steven Linn:** Concert Chorale, Concert Choir, Freshman Choir, Treble Choir, Bass Choir, Chorus. **Ylene Longwell:** Media Services Assistant.

Leslie Maze: Sophomore Senate, Class Advisor, Guidance Counselor. **Joan Mc Nab:** Adult Education Coordinator. **Mary Mekemson:** Special Needs Reading, Science, World Studies, Life Skills, Health, Consumer Math, Special EBCE. **Jack Mendenhall:** Physical Education, Head Wrestling Coach. **Elizabeth Middleton:** Guidance Counselor, Peer Helper Facilitator.



The perfect student is/has...

"To be interested, curious, always doing their best work AND caring about the quality of the work! They have to accept and overcome mistakes and realize that no one is perfect."

—foreign language teacher **Toni Woodman**

"One who takes the responsibility of learning on themselves. One who is self motivated, has a sense of humor and is more concerned with learning than getting grades."

—social studies **Tom Jorgensen**

"I think the perfect student knows his/her responsibilities, has a desire for learning, is self assured, respectful and has a good sense of humor."

—special needs teacher **Mary Mekemson**

"Someone who first and foremost wants to learn and works hard and respects all people."

—English teacher **LoAnn Campbell**

"Courteous, respectful, and willing to put forth their best effort."

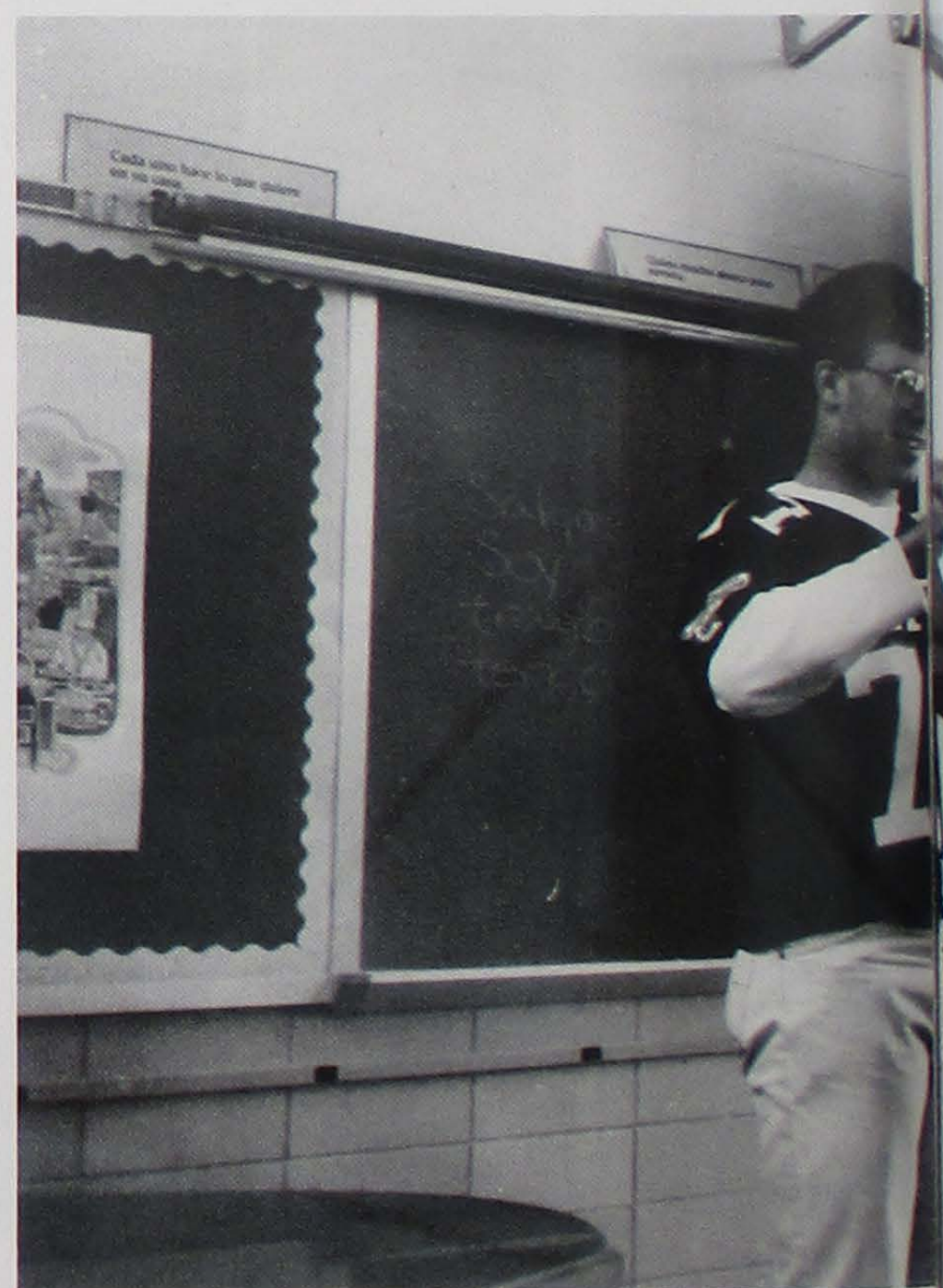
—band director **Homer Gartz**

"Energetic, cooperative, creative and has the ability to think."

—math teacher **Tony Vander Zyl**

"An inquiring mind, curiosity about learning, able to listen at least half the time and has to be secure enough to follow the rules without being told to."

—special needs teacher **Suzanne Peters**



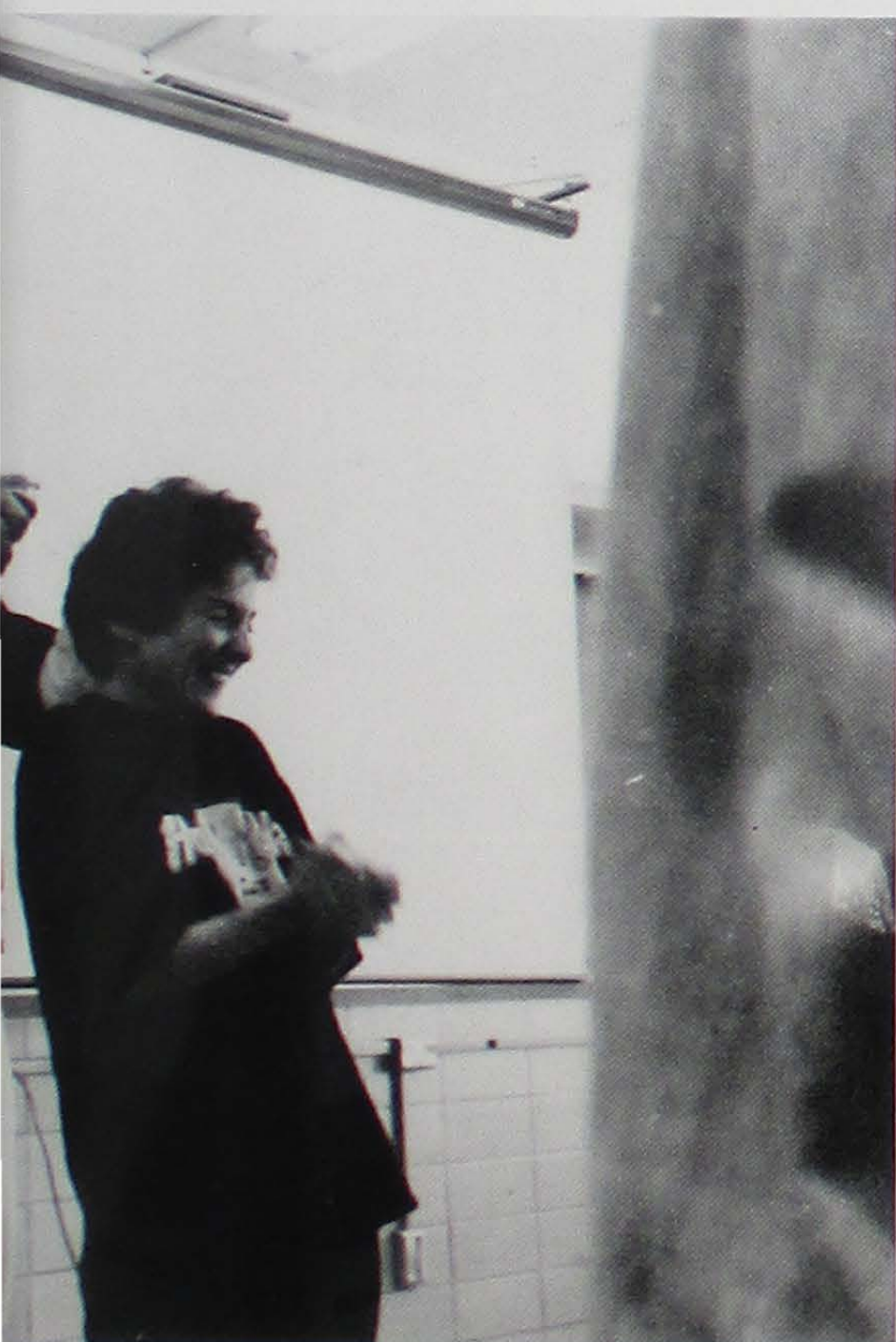


Jean Miller: Project Success, Building Assistance Team. **Sharon Morford:** Career Preparation, Project English 11-12, Fundamentals of Geometry. **Leigh Nataro:** Applied Math, Algebra 1A, Key Club Supervisor. **Kendi Neff-Parvin:** Introduction to Journalism, English 10, Web Adviser, Spirit Adviser. **Thomas Nehls:** 10-12 Band.

Paul Olsan: Project Success Work Coordinator. **Jane Olson:** Guidance Counselor. **Janet Olson:** Guidance Secretary. **Alice Pannkuk:** Instructional Support, Reading Lab 1,2,3. **Dee Penning:** Heartland Consultant.

Suzanne Peters: Resource Room, Enrichment English 9, Fundamentals of English. **Mike Petersen:** Survey of Physics. **Barbara Peterson:** Spanish III, Spanish Competition Coordinator, Comprehensive Evaluation Committee. **Susie Petra:** 2-Dimensional Art, Jewelry I and II, Graphic Design 1 and II, 3-Dimensional Art. **Mary Kay Polashek:** Orchestra.

Dave Posegate: Athletic Director. **Bill Ripp:** Associate Principal. **Harold Rittgers:** Food Service Custodian. **Donna Schepers:** Foods and Nutrition I&II, Adult Living, Housing/Interior Design, Child Development/Parenting, Textiles & Clothing. **Kirk D. Schmaltz:** Biology, Head Girls' Cross Country Coach, Assistant Girls' Track Coach.



Getting into the Homecoming spirit, Spanish teacher Barbara Peterson allows senior Jeremy Mize to spray paint her hair orange. Many students wore the paint in their hair during the week. (Photo by Robyn Berning)

Giving instructions to junior Micah Vardeman after the district cross country meet at Marshalltown, head coach John Sletten tells Vardeman what he can try to improve on next time. (Photo by Beth Myers)

Sally Schonhorst: French II, III, IV; Foreign Language Department Coordinator. **Marvin Scott:** World Studies, Western Civilization 2, Economics, Debate Coach, Model United Nations Sponsor, Legion Oratory Sponsor. **Laura Shanks:** Special Education Assistant. **Susan Shields:** Secretary. **Bernadette Siebert:** Guidance Secretary.

Vince Simon: Custodian. **Norma Sisson:** Media Center Department Coordinator, Media Specialist. **John Sletten:** Discussion & Argumentation, Advanced Composition, Introduction to Mass Media, English 10 Speech, Head Boys' Track and Cross Country Coach. **Karleene Smith:** School Nurse, HIP Program. **Mona Smith:** Spanish I, Spanish II.

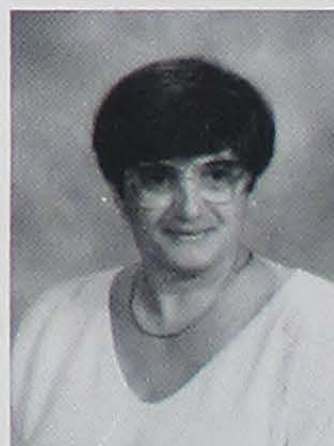
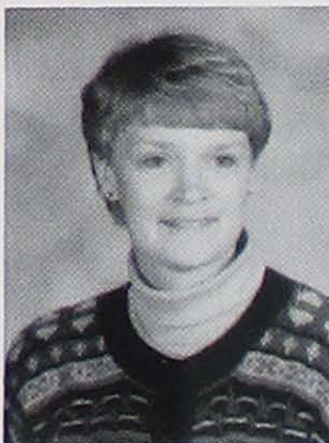
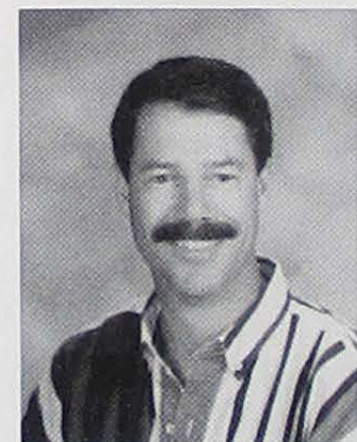
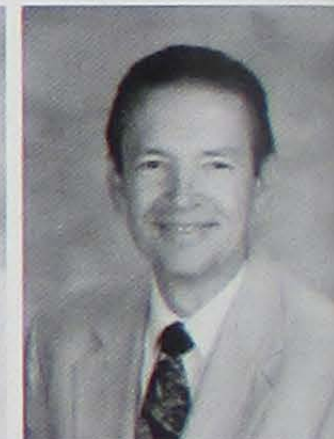
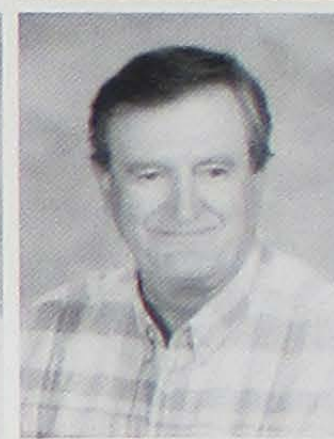
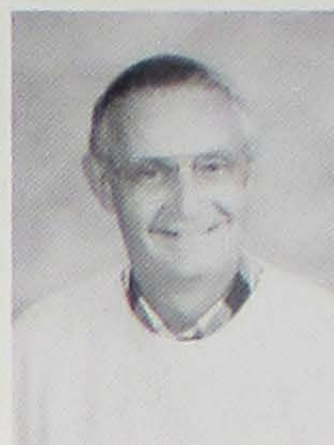
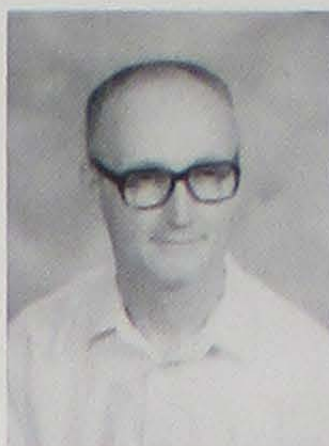
Suzanne Mendelson: Assistant Principal. **Ann Stokka:** Bookkeeper, Senior Girls Club Advisor. **Nancy Svien:** Earth Science, Physical Science, Head Girls' Swimming Coach. **Jerrold Swenson:** Woodworking I & II, Architectural Drafting I & II, Special Needs Industrial Arts, Engineer Drafting, C-A Drafting, Wood Materials, Drafting & Graphics. **Virginia Swenson:** Advanced Placement Calculus BC, Algebra II.

EleNore Tallman: Career Preparation, Fundamentals of Algebra, Fundamentals of Geometry, Enrichment English 11 & 12. **Julie Thompson:** Survey of Chemistry, Survey of Physics. **Dale Tramp:** Dean of Students, Sophomore Football Coach, Volunteer Coordinator. **Jack Troeger:** Earth Science. **Gene Ulvestad:** 9 Algebra I, Algebra I-C.

Tony Vander Zyl: Advanced Algebra, Statistics, Basic Geometry. **Mary Van Marel:** English as a Second Language, Career Exploration. **Elizabeth Verhoeven:** Advanced Algebra, Algebra 9. **Bruce Vertanen:** Behavior Disorders, Head Girls' Basketball Coach, Assistant Football Coach, Assistant Track Coach. **Georgia Vondra:** Secretary.

Jerry Vos: Special Needs Reading, Language Arts, and Life Skills/Health; Special EBCE Vocational Preparation, Consumer Math. **Julie Ward:** Heartland Social Worker. **Mary Wauson:** Special Needs. **Barbara White:** English 9, English 10 Speech, Basic Composition. **Richard White:** Anthropology, U.S. History, Social Studies Department Coordinator.

Rose Wilcox: Keyboarding, Word Processing, Advanced Word Processing, Business Communications, Speedwriting, Cadet Teaching, Business Education Department Coordinator. **Charles Windsor:** Physics, 9-10 Boys' Intramurals Director, 9-12 Girls' Intramurals Director. **Nikki Wittmer:** Associate Principal's Secretary. **Toni Woodman:** Spanish I, French I. **Hilary Ziebold:** Teaching Assistant, Special Olympics Coach.





Larry Zwagerman: Guidance Counselor, Guidance Department Coordinator.

Not Pictured

Darrill Abel: Keyboarding, Marketing Education. **Steve Adams:** Earth Science. **Bill Barrett:** Special Needs. **Ron Bredeson:** Algebra I, Formal Geometry. **Nancy Gaertner:** Geometry, Algebra I. **Karlene Garn:** Media Specialist. **Wayne Hansen:** Drama, Speech, Basic Composition. **John Hilgerson:** World Studies. **Jill Hill:** Substance Abuse Counselor. **Steve Hosch:** Enrichment Program. **Clemmye Jackson:** Student-at-Risk Coordinator. **Roger Jacobson:** Introduction to Business, Accounting I, Keyboarding, Consumer Economics. **Steve Linduska:** Manager of Information Services. **Terri Mickelson:** Spanish II, Spanish IV. **Carl Pelzer:** English 9, Advanced Composition, Assistant Varsity Football and Track Coach. **Annette Rowley:** English 10, British Literature, World Literature, Speech Club. **Richard Schneider:** U.S. History, U.S. Government, Social Psychology. **Norma Sisson:** Media Specialist. **Robert Uetz:** U.S. Government, World Studies, World Issues. **Mary Van Marel:** English as a Second Language, Career Exploration. **Mike Wittmer:** Physical Education, Boys' Varsity Swimming Coach.

What do you like most about your job?

"I enjoy being with kids. Sometimes I wonder why, but most times I know."

—French teacher Sally Schonhorst

"I get to learn. I get to make discoveries. I get to be enthusiastic about discoveries my students are making. I get to discover new books, and I get to discover my students' writing. I get to feel grateful to books and to students because both share their gold with me. It's a lifelong opportunity to learn."

—English teacher John Forssman

"I like to be a resource where students can get accurate information that they can use now and in the future."

—health teacher Kim Burnett

"I like to be around the energy and enthusiasm of my students. I

particularly enjoy some of the academic curiosity some of them have. I like to work with students and watch them develop, particularly academically."

—social studies teacher Jim Duea

"I like to be around young people, and I like the staff that I work with."

—media specialist Norma Sisson

"I enjoy working with young people. I enjoy challenging them, and I enjoy helping them see their own potential and reaching it. I enjoy constantly having the interaction with young people who want to learn, something Ames High has an abundance of."

—biology teacher Bob Gibbons

"The students are surprising and entertaining."

—English teacher Julie Freed



Food Service Staff. Front Row: Ruth Alber, Darlene Hade, Charlene Vee, Judy Hopson, Marilyn Larson. **Second Row:** Irene Kever, Marcia Law, Joyce Bowers, Ole Dass. **Back Row:** Sharon Mott, Mary Mahoney, Carla Mulvaney, Elaine Anderson, Marilyn Gibb, Carol Loken, Harold Rittgers, Doug Elliott.



Ames School Board. Front Row: Brian Anderson, Carolyn Jons, Howard Shapiro. **Back Row:** Bill Summers, Marilyn Moehlmann, Mike McGinness, Tim John

As fate would have it...

...The varsity cheersquad captured the state title for the third year—winning every year since the competition began.

...The boys' swim team was ranked first in the state throughout most of the season.

...Sophomore Alienor Gilchrist won the state cross country meet. Gilchrist was the first runner from Ames High to win in the 21 years that Ames has participated in the sport.

...The varsity football team advanced to quarterfinals of the state play-offs by beating Fort Dodge.

...Because the new sod on the football field rotted, the team had to play all but one of their home games at Cyclone Stadium.

...Senior Jeremy Mize placed second in the state wrestling meet in the 189 pound weight class.

As both veterans and rookies, we united to compete as one unit. Dedication and teamwork made the road to success or failure a group effort. Together, we worked hard, and with a little bit of luck brought many superb performances.

is it just Coincidence

By Jenni Collins



Ames High's first homecoming football game was in 1927.

Since then, Ames has won 40, lost 22, and tied five of their homecoming games.

Of the current Ames High coaches, wrestling coach Jack

Mendenhall has been here the longest with 22 years.

Since 1931, the boys' track team has won 97 individual events at the state meet.

The football team used Cyclone Stadium for the first time since Little Cyclone Stadium was built.





Volleyball. Front Row: Laura Biechler, Jill Muller, Ashley Grundmann, Allison Jones, Jenny Olson, Jenny Johnson, Renee Kingsbury, Sommer Mohs, Meghann Hunt. **Second Row:** Michelle Hunziker, Petraya Juelfs, Laura Kain, Sara Brunscheon, Charli Engelhorn, Heather Kliebenstein, Sherry Schwarzenbach, Jessica Hugdahl, Katie Krogmeier, Carmen Kulajta, Jill Pattinson. **Third Row:** Stephanie Wiegand, Stephanie Wycoff, Andrea Hugdahl, Maria Lutz, Coach Cindy Friedrich, Head Coach Joni DeKok, Coach Heidi Clinton, Sarah Freed, Kris Hawbaker, Vera Hanisch, Emily Hawkins, Nicole Richardson. **Back Row:** Trainer Heather Risse, Kayla John, Erin Johnson, Lindsay Carey, Allison Brennan, Nicole Thompson, Barbie Bennett, April Goodwin, Julie Ollila, Melissa Kinyon, Nicki Thiede, Amy Van Slyke, Trainer Kelly Theelen.



Girls' Cross Country. Front Row: Beth Titus, Gina Olberding, Andrea Raske, Amy Bergan, Naila Meyers, Alienor Gilchrist, Darci Horton, Angie Gabrielson, Kristi Powell, Kara Zeimet, Ellen Kitchell, Erica Wehner. **Second Row:** Noelle Osborn, Sarah Chaplin, Anne Shrum, Susie McGee, Carrie Salvo, Angie Davis, Becca Stott, Jackie Olberding, Laura Hefley, Joanna Kaplan, Kerri Beckman. **Third Row:** Beth Foote, Allison Hefley, Melissa Lehmkuhl, Danelle Pantenburg, Coach Kirk Schmaltz, Coach Tom Jorgensen, Erin Ross, Amy Corley, Lindsey Litchfield, Jennifer Fliehler. **Fourth Row:** Annagreta Birch, Libby Van Houten, Lisa Foote, Molly La Grange, Sonee Griffin, Jessica Jones, Julie Simonds, Allison Hutchison, Joyce Ng, Anne Barnhart, Rachel Abbott. **Back Row:** Tricia Triplett, Krista Elliot, Hope Amos, Audra Slocum, Beth Holger, Katie Helland, Lindsey Rice, Symantha Miller.



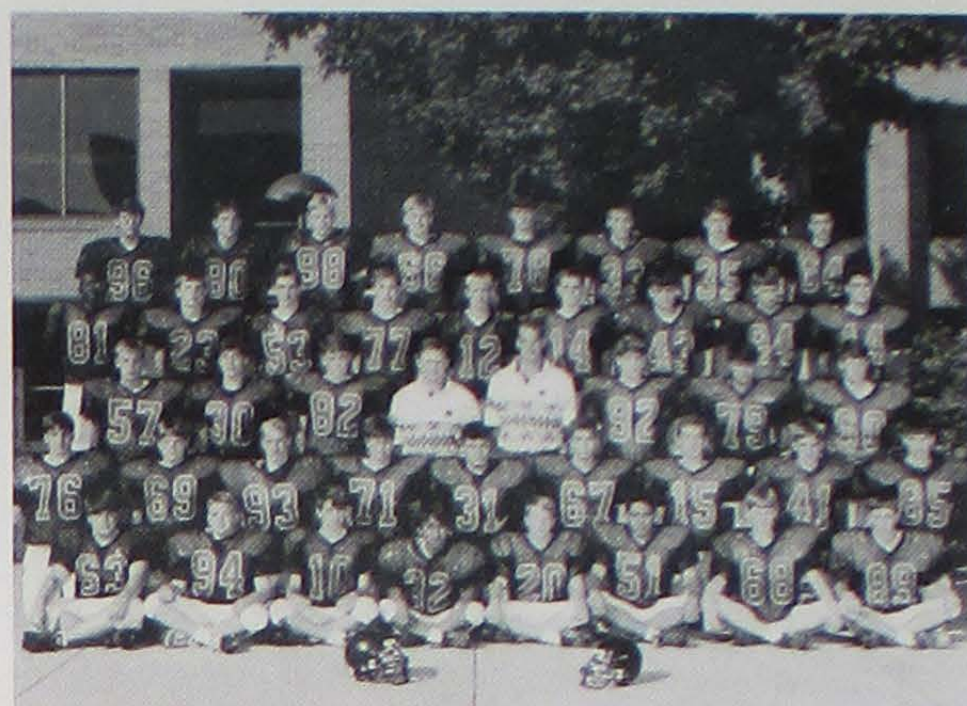
Boys' Cross Country. Front Row: Mark Sedgwick, Andy Vogel, Matt Healy, Aaron Whiteford, Dan Johnston, Greg Willard, Eric Lehmkuhl. **Second Row:** Andrew Proescholdt, Jon Reed, Brian Muchinsky, John Sletten, Coach Rob Netusil, Jason Wray, Jon Titus, Paul Stewart. **Third Row:** Graig Wipf, Scott Mullica, Bruno Gilchrist, Micah Vardeman, David Evans, Jason Miller, Nick Dau. **Back Row:** Aaron Sheeler, Clint Zeimet, Derek Ginder, Clint Houge, Jeff Stiles, Matt Pyle, Jeff Halliburton, David Cantonwine.



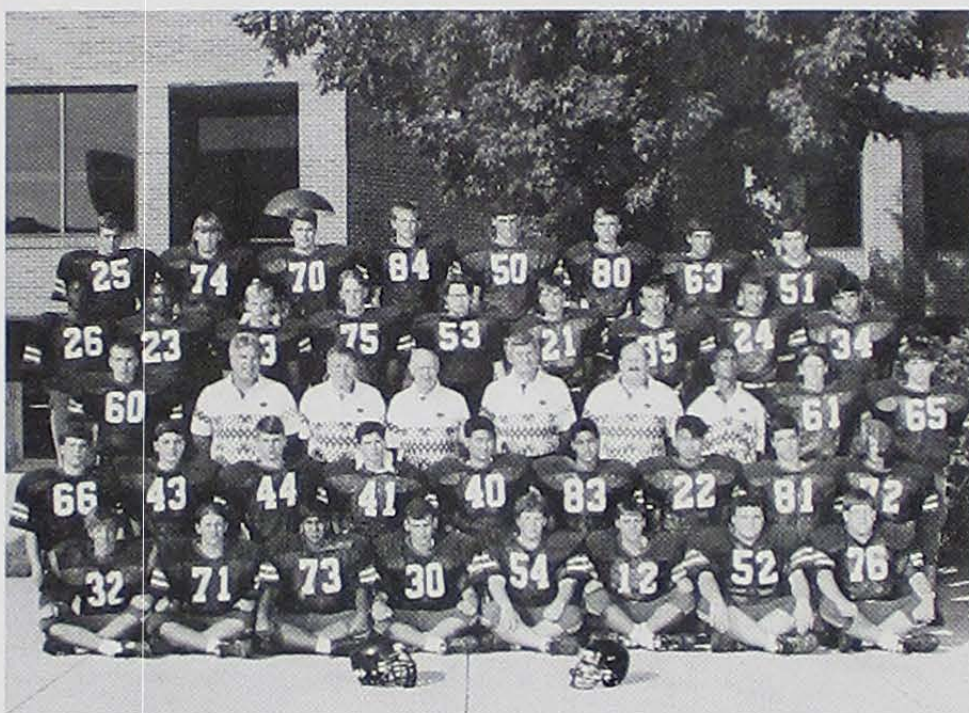
Girls' Swimming. Front Row: Lynn Summers, Monica Wilke, Amy Henderson, Bernadette Hartman, Betty Pang, Robin Geiger, Kari Ellingson, Daniela Williams, Lizz Welch, Adria Nelson, Margie Mayfield, Mary Willard, Bronwen Benbow, Angela Arias, Laurie Anderson. **Second Row:** Melinda Hefley, Paige Knutsen, Shala Sethi, Robyn Berning, Shannon Jolly, Emily McKay, Cecily Martin, Allison Warner, Sara Britson, Sarah Fisher, Diana Bryant, Jodi Larson, Noelle Padgitt. **Third Row:** Julie Eavers, Kathy Marvick, Rebecca Glatz, Eleanor Jensen, Tuhina Dayal, Ujjaini Mitra, Emily Olson, Robin Elwick, Cass Carson, Sarah Brcka, Keyea Meyer, Ellie Palmas, Karina Nelson, Johanna Dobbs, Nicole Shaull, Erin Life, Heidi Hickman, Megan Parrish, Anneke van der Valk, Coach Hillary Ziebold, Coach Nancy Svien. **Back Row:** Maria Roscheim, Phil Bishop, Ali Best.



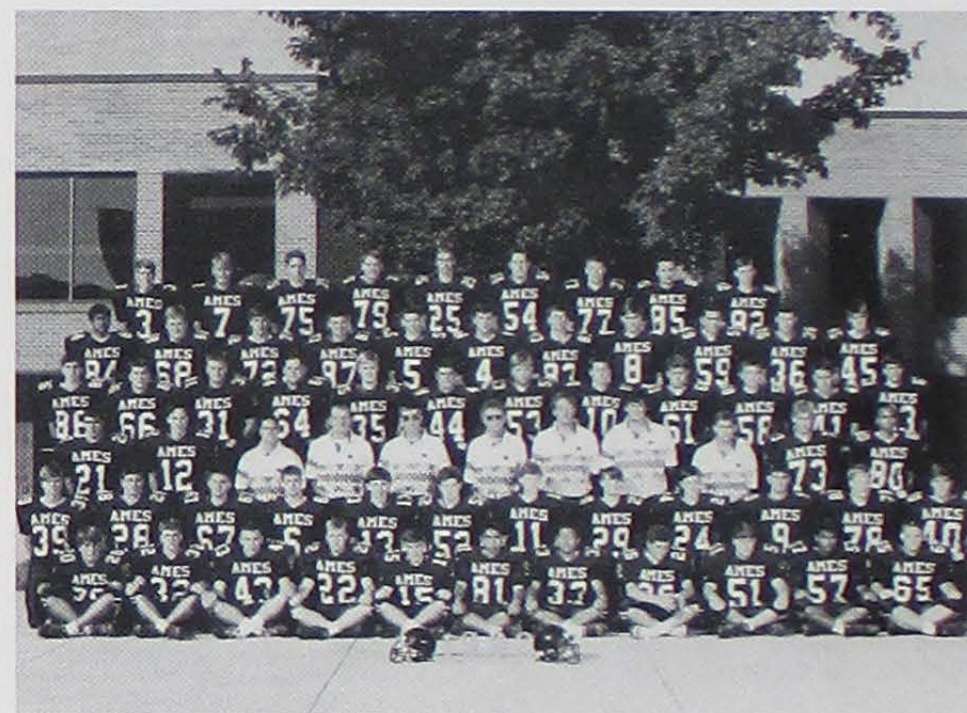
Boys' Golf. Front Row: John Schroeder, Brian Good, Joey Skluzacek, Brian Fliehler. **Second Row:** Earl Dowling, Jacob Rudolphi, Ryan Ridnour, Dave Smith, Eric Spear, Ethan Olberding. **Back Row:** Mark Atchison, Mike Peterson, Charles Jischke, Coach Kay Bartlett, Rusty Crawford, Thomas Stenberg, Jim Polston.



Freshman Football. Front Row: Jake Bills, Jesse Sage, Ezra Hallam, Sensak Kiojai, Bryan McGeeney, John Lara, Matt Nelsen, Mark Charter. **Second Row:** Drew Hamilton, David Wise, Arnold Soden, Jason McNertney, Edwardo Kumbier, John Russell, Zach Rhodes, Jake Bullock, Mike Kadolf. **Third Row:** Tyler Fraser, AJ Wilson, Chris Marty, Coach Jones, Coach Vance Downs, Dan Genalo, Eric Auge, Brad Payne. **Fourth Row:** Fola Fadeyi, D.J. Burgdoff, Jon Minion, John Oshell, John Taylor, Scott Stevermer, Robbie Heiberger, Joe Simons, Chris Tuttle. **Back Row:** Jace Woodley, Dusty Wetzel, Andy Hoiberg, James Burrows, Matt Shimkus, Jon Crawford, Brent Antisdell, James Gubbins.



Sophomore Football. Front Row: James VeVerka, Justin Nemitz, Akash Giri, Ben Fowles, Scott Thompson, Dustin Morrison, Brian Dane, Joel Lingelbach. **Second Row:** Terry Doyle, Jeremy Bents, Mike Recker, Dan Pollard, Brad Osmundson, Sevon Cole, Tory Phompheng, Ryan Tesdall, Nathan Hutchison. **Third Row:** Jeff Angus, Coach Ed Schwieger, Coach Dennis Elliott, Jim Duea, Dale Tramp, Coach Tony Streigle, Scott Belzer, Mike Kiner, Marcelo Fagundes. **Fourth Row:** Moses Lueth, Brian Caldwell, Nathan Terry, Jim Bates, Bill McDuffee, Jairus Ely, Chad Spencer, Chad Curtis, Andre Fagundes. **Back Row:** Dan Alexander, Andy Hatfield, Zach Kellen, Joey Steenhoek, Cale Doyle, Dustin Avey, Chris Melvin, Nathan McKern.



Varsity Football. Front Row: Simon Campbell, Chris Sprong, Mark Hatfield, Chad Fowles, Chad Stairs, Jasper Lara, Kory Phompheng, Brett Barton, Kent Spillers, Bittoo Kanwar, Joe Sweeney. **Second Row:** John McFarland, Kurt Harryman, Devon Kepley, Ed Bappe, Chris Kadolph, Tim Schroeder, Gabriel Roberts, Steve Steenbeke, Jim Mc Gee, Lee Vandewater, Brian Gould, Lon Freeman. **Third Row:** Bret Blackwelder, Eric Strasser, Coach John Pelzer, Coach Judge Johnston, Coach Carl Pelzer, Coach Kirk Daddow, Coach Bruce Vertanen, Coach Brian Krausman, Coach Robby Thompson, Jerod Storck, Steve Garrison. **Fourth Row:** Ryan Van Cannon, Thad Grebasch, Dan Kamm, Todd Swan, Jim Swanson, Duke Knapp, Max Cook, Tom Payne, Ben Banker, Dave Sivesind, Jeremy Gardner, Dave Smalling. **Fifth Row:** Anand Giri, Dave Faux, Eric Greving, Devin Beerman, Travis Brunner, Greg Kozak, Brad Nessel, Jon Wilson, Ben Hornung, Steve Henning, Steve Bailey. **Back Row:** Chris Wycoff, Bryan Warme, Chad Wheatley, Steve Bern, John Milleman, Jeff Alt, Jeremy Mize, Matt Farrier, Shane Wirth.



Boys' Swimming. **Front Row:** Matt Robinson, Brian Terry, Tom Payne, Joe Fisher. **Second Row:** Andrew Vardeman, Sam Stanton, Bryce Johnson, Nathan Terry, Nishan Parulekar. **Third Row:** Coach Mike Wittmer, Chris Moen, Anthony Hartman, David Geiger, David Johnson, Ryan Haynes, Micah Vardeman, Dan Gilloon, Coty Dakan. **Back Row:** Bryan McGeeney, Jonathan Burns, Jeff Fisher, Bruno Gilchrist, Joe Levine, Mark Harms, Josh Huntington, Judd Bowman, Jason Ryan, Eric Greiving, Thomas Stenberg.



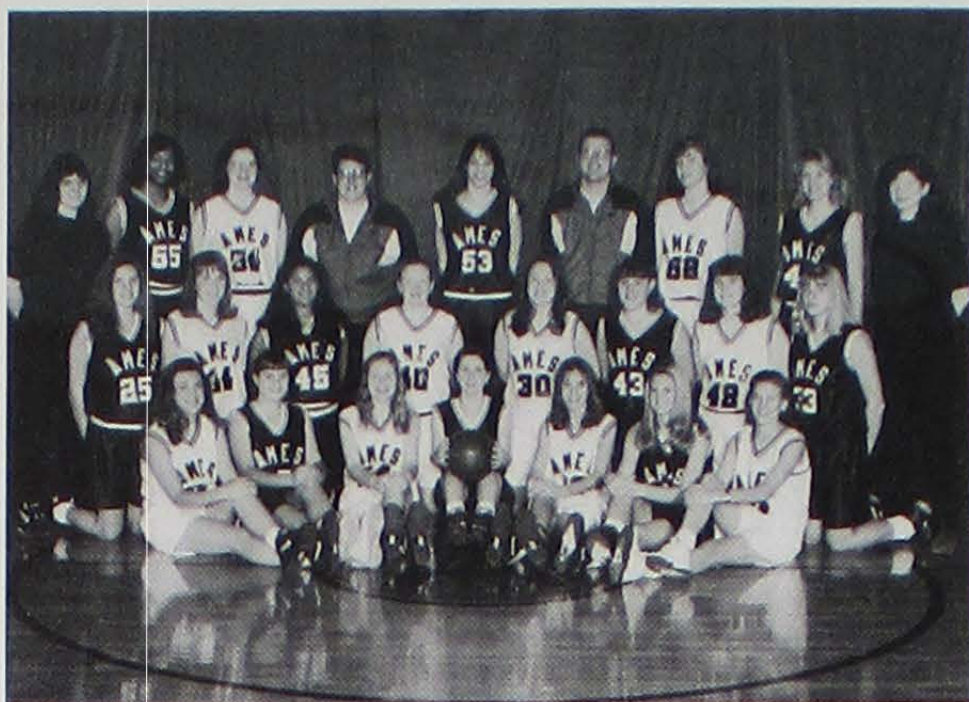
Freshman/Sophomore Wrestlers. **Front Row:** John McGee, Courtney Wirtz, David Kinley, Eric Lambi, Nate Heaberlin, Boone Grant, Justin Hyde. **Second Row:** Chris Thompson, Travis Shore, Ezra Hallam, Cory Seaton, Ben Fowles, Mark Nutter, Arnie Soden, Jesse Sage, Arnie Soden, Gavin Martin, Dion Harmon. **Back Row:** Lee Potratz, Brian Good, Erick Wick, Dan Pollard, Brad Sydnies, Dan Folkmann, Coach Jack Mendenhall, Sevond Cole, Tanner Hensley, Nathan Hutto, Nick Propes, Drew Hamilton, Aaron Schropp.



Varsity Wrestling. **Front Row:** Ryan Soy, Chad Fowles, Derek O'Neil, Zach Thompson, Devon Kepley. **Second Row:** Earl Dowling, Ben Banker, Ryan Anderson, Lon Freeman, Tory Reimann, Dan Kamm. **Back Row:** Wes Forrest, Assistant Coach John Pelzer, Coach Jack Mendenhall, Assistant Coach Mark Morken, Jeremy Mize.



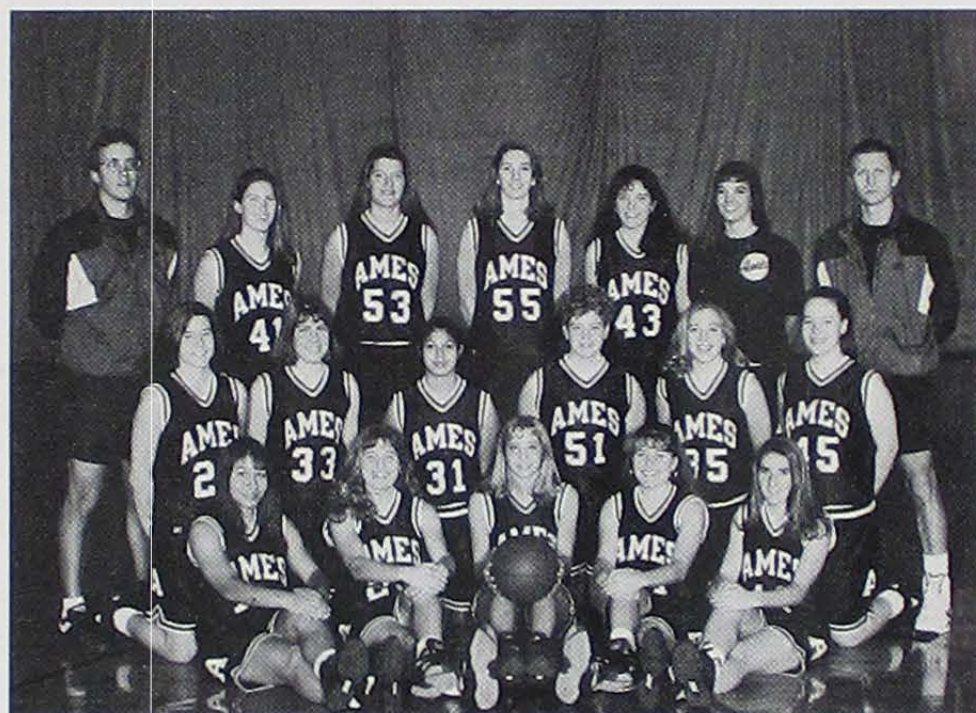
Hockey. **Front Row:** Rusty Crawford, David Smith. **Second Row:** Toby Knapp, Kyle Frizzell, Ryan Arneson. **Third Row:** Dustin Morrison, Ryan Handley, Brad David, Brad Davis, Jamie Lawler. **Fourth Row:** Cory Cooper, Duke Knapp, Chris Sprong, Coach Darwin Sprong, Coach Rusty Moore, Coach Lawler, Coach Jackson, Coach John Newell, Coach Jeff Glock, Coach Jim Reilly, Ryan Kinart, Mike Ogbourne, John Taylor. **Back Row:** Tyler Fraser, Brad Payne, Noah Vegge, Matt Heintz, Nathan Jackman, Rod Schdinger, Chris Hoffman, Matt Huebsch.



Freshman Girls' Basketball. Front Row: Amy Van Slyke, Carrie Shupp, Karen Olson, Stephanie Wycoff, Kara Zeimet, Lindsey Carey, Erin Life. Second Row: Nicole Thompson, Lindsay Litchfield, Meghann Hunt, Becca Glatz, Nicki Thiede, Allison Brennan, Kelly Dunlay, Erin Johnson. Back Row: Casey Miller, Adina Rollins, Erin Bryant, Coach Erin Scheibal, Julie Ollila, Coach Judge Johnston, Emily Mize, April Goodwin, Jessie Martin.



Sophomore Girls' Basketball. Front Row: Missy Roth, Angie Gabrielson, Shannon Lott, Jenny Greenfield, Emily Jahr. Second Row: Gretchen Guffy, Michelle Klatt, Lauren Miller, Michelle Hunziker, Stephanie Brennan, Jennifer Hallihan. Back Row: Emily Dobbs, Laura Biechler, Amy Olson, Coach Todd Wilkinson, Barbie Bennett, Karyn Jetter, Nicole Achter.



Varsity Girls' Basketball. Front Row: Buffy Quintero, Jackie Olberding, Jill Muller, Gina Olberding, Susie McGee. Second Row: Allison Jones, Petraya Juelfs, Dawn Petersen, Megan Knutsen, Jenny Johnson, Jean Lynott. Back Row: Coach Bruce Vertanen, Jessica Allen, Ashley Grundmann, Kris Fretz, Sherry Schwarzenbach, Tara Meierkord, Assistant Coach John Bachman.



Freshman Boys' Basketball. Front Row: Shana Rininger, Jean Gladon. Second Row: D.J. Burgdoff, Brent Antisdell, Mark Charter, Robbie Heiberger, Jake Hanson, Dan Slutzki, Zach Rhodes, John Moore. Third Row: Joe Simons, Jon Titus, Scott Stevermer, Coach Dayl Inglett, Coach Chico Caldwell, Coach Ray Klein, Ben Brown, John Minion, Klint Belz. Back Row: James Burrows, Nick Bokhoven, DJ Brown, Jon Crawford, Matt Shimkus, Dusty Wetzel.



Sophomore Boys' Basketball. **Front Row:** Matt Bealieu, Jeremy Bents, Mike Recker, Jairus Ely, Jacob Rudolphi, Brian Caldwell, Joe Donaldson, Ryan Ridnour. **Back Row:** Dustin Avey, Patrick Inglett, Mert Sermet, Ed Schweiger, Coach John Walz, Jeff Heinen, Greg Hoenig, Moses Lueth, Chris Bartine, David Cook.



Varsity Boys' Basketball. **Front Row:** Tommy Koch, Peter Shupp, Ed Bappe, Bill Dunlay, Tom Kepley, Scott Litchfield, Brian Caldwell, Nick Kravinsky, David Sosnouski. **Second Row:** Bob Welch, Shane Wirth, Bryan Warme, Assistant Coach John Walz, Coach Wayne Clinton, Assistant Coach Vance Downs, Ryan Grant, Brian Fennema, Ryan Van Cannon, Mary Buck. **Back Row:** Gil Clark, Micah Abel, Steve Bern, John Milleman, Matt Farrier, Jeff Stiles.



Girls' Track. **Front Row:** Becca Stott, Misi Emiola, Alienor Gilchrist, Abby Cook, Amy Van Slyke, Emily McElroy, Ellen Kitchell, Melissa Green, Megan O'Neil, Stephanie Wycoff, Melissa Fatland, Erica Wehner, Naila Meyers, Kara Zeimet, Angie Adams, Shannon Goldman, Kathy Loveland, Susie McGee. **Second Row:** Melissa Lehmkuhl, Julie Anderson, Julie Tosten, Amy Corley, Jessica Keller, Carrie Wagner, Lindsey Carey, Lizz Welch, Suzy Lustgraaf, Jenny Greenfield, Nicki Paulson, Laura Bendig, Niki Fisher, Nicole Shaul, Carisa Ripley, Lindsey Litchfield, Jennifer Sargent. **Third Row:** Angie Davis, Rachel Abbott, Nicki Paulson, Emily Hausner, Nicole Young, Vanessa Kuo, Coach Wayne Clinton, Coach Tom Jorgensen, Coach Jim Duea, Coach Kirk Schmaltz, Larry Middleton, J.C. Elbert, Julie Dickson, Beth Foote, Jennifer Hallihan, Beth Orning, Laura Krumm. **Fourth Row:** Andrea Hugdahl, Jaime Quamme, Cassie Clyde, Noelle Osborn, Beth Myers, Heather Kliebenstein, Charli Engelson, Julie Simonds, Allison Hutchison, Sara Brunscheon, Laurie Anderson, Erin Johnson, Megan Knutsen, Jackie Olberding, Jennifer Fliehler, Annie Butin, Anne Barnhart. **Fifth Row:** Karyn Jetter, Nicole Achter, Adina Rollins, Katherine Holger, Lindsey Rice, Tricia Triplett, Pam Olson, Anneke Van der Valk, Melissa Peterson, Paige Knutsen, Kristina Hawbaker, Symantha Miller, Michelle Roberts, Suzy Block, Kelly Dunlay, Lindsay Sargent, Cassie Rice. **Back Row:** Tomi Fadeyi, Ruthie Kaplan, Nakia Giddens, Beth Holger, Hope Amos, Sherry Schwarzenbach, Julie Ollila, Amy Henderson, Ashley Grundmann, Audra Slocum, Elaina Prochaska, Barbie Bennett, Amy Olson, Emily Mize, Jamie Horst, Michelle Hunziker.



Boys' Track. **Front Row:** Aaron Whiteford, Ryan Tesdall, Dave Kuhl, Michael Morain, Winston Huang, Ben Norland, Mark Sedgwick, Nokeo Somsanith, Mark Charter, Matt Healy. **Second Row:** Chris Tuttle, Alan Hertz, Paul Stewart, Graig Wipf, Jason Minion, Jake Bullock, Lucas Longman, Joss Nichols, Aaron Sheeler, Andrew Proescholdt, Fola Fadeyi. **Third Row:** Scott Mullica, Chris Melvin, Assistant Coach Kurt Friedrich, Assistant Coach Rob Netusil, Assistant Coach Bruce Vertanen, Coach John Sletten, Assistant Coach Carl Pelzer, Assistant Coach Vance Downs, Assistant Coach Bob Logston, Scott Stevermer. **Fourth Row:** Bruno Gilchrist, Jason Miller, David Evans, Ben Kellen, Eric Greving, Brent Antidel, Clint Belz, Andy Brock, Ben Magel, Mert Sermet. **Fifth Row:** Micah Vardeman, Andrew Hoiberg, Jamie Bryant, David Smalling, David Cantonwine, Tom Payne, Nick Dau, Lon Freeman, Steve Steenbeke, Matt Pyle. **Back Row:** Jeremy Aslesen, Dustin Avey, Jeff Stiles, Jeremy Mize, John Milleman, Jeff Alt, David Cook, David Millen, Chris Wycoff, Clint Houge.



Girls' Golf. **Front Row:** Natalie Dieter, Erin Life, Amy Swank, Heather Herold, Maggie McGrigg, Jenny Ellett. **Back Row:** Katie Rhodes, Erin Naeve, Jamie Berg, Jamie Adair, Coach Bob Heiberger, Libby Van Houten, Kayla John, Julie Swanson, Emily Barta, Kristi Powell.



Girls' Tennis. **Front Row:** Naomi Lohr, Nicki Thiede, Natalie Carver, Meghann Hunt, Jill Watson, Alyssa Speck, Steffi Drewes, Dana Doran, Carrie Tett. **Back Row:** Suzy Shierholz, Gretchen Guffy, Emily Dobbs, Sarah Freed, Ali Best, Katie Krogmeier, Coach Len Thiede, Molly LaGrange, Tracy Larson, Jenny Olson, Jill Muller, Sara Skahill.



Boys' Tennis. **Front Row:** Arun Ramabadran, David Sosnouski, Glen Pak, Steven Chang, Jon Schroeder, Andrew Yee, Adam Shriver, Jon Titus. **Back Row:** Aaron Sundstrom, Michael Chang, Bill Dunlay, Cassie Dunham, David Good, Judd Bowman, Steve Bailey, Jim Polston, John Sherman, Dan Vogel, Mark Bailey, Andy Vogel.



Varsity Baseball. **Front Row:** Tommy Koch, Chad Fowles, Joey Peters, Kory Phompheng, Mark Hatfield, Kurt Harryman. **Second Row:** Earl Dowling, Ben Banker, Devon Kepley, Josh Dobbs, Brian Ziebell, Andy Potter. **Third Row:** Coach Pat Lawler, Ryan Van Cannon, Tyler Uetz, David Smalling, Devon Beerman, Coach Chuck Stevens. **Back Row:** Gil Clark, Greg Kozak, Coach Bret Posegate, Mike Peterson, Travis Brunner.



Varsity Softball. **Front Row:** Renee Kingsbury, Angie Gabrielson, Jenny Greenfield, Nicole Richardson, Jenny Johnson. **Second Row:** Laura Biechler, Erin Johnson, Charli Engelhorn, April Goodwin, Laura Kain, Tricia Triplett, Stephanie Brennan. **Back Row:** Coach Gary Gorman, Tina Wiegand, Diana Bryant, Marie Lutz, Nicole Thompson, Allison Brennan, Coach Wayne Clinton.



Fall Varsity Cheersquad. **Front Row:** Jenny Bilskie, Amy White, Emily Barta, Steph Bulver, Sara Meinhard. **Back Row:** Danielle Thompson, Joe Fisher, Barrett Randall, Shannon Kenealy, Jason Ryan, Andy Johnson, Lisa Biggs, Julie Swanson, Kelly Johnson, Lindsey Pyle, Suzy Craig.



Sophomore Winter Cheersquad. **Front Row:** Megan Stegge. **Second Row:** Charity Roberts, Trisha Popelka, Melissa Peterson, Shannon Valline. **Back Row:** Rebecca Birch, Nora Wilson, Lynn Summers. **Not Pictured:** Bree Shields.



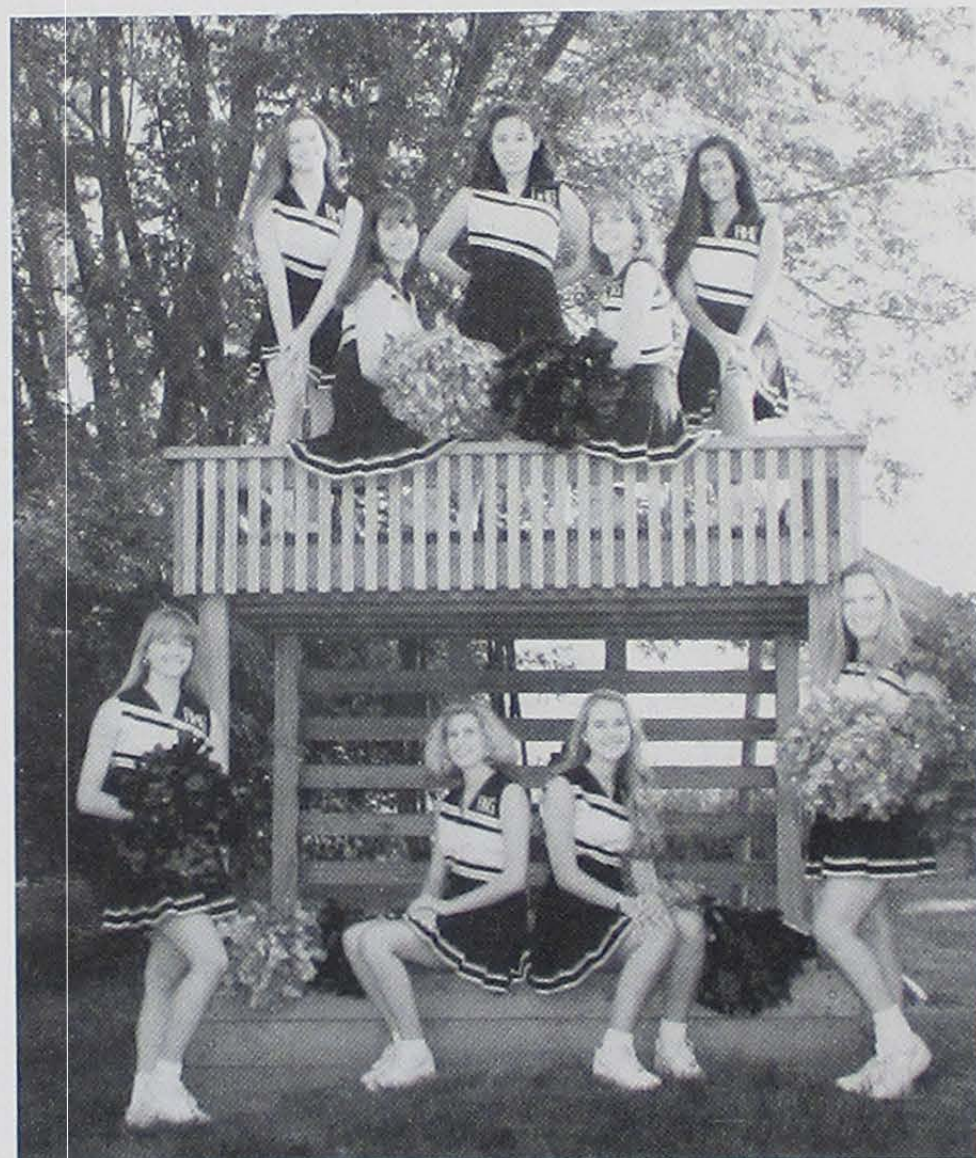
Varsity Wrestling Cheersquad: Melissa Green, Sara Meinhard, Nikki Fisher, Steph Bulver, Shannon Kenealy, Carrie Schram.



Freshman Fall Cheersquad. Front Row: Heather Herold, Rennesa Osterberg. Second Row: Kathy Craig, Keri Faidley. Center: Melody Noling. Back Row: Erica Riedesal, Megan Stevenson, Dana Doran, Jill Hovatter.



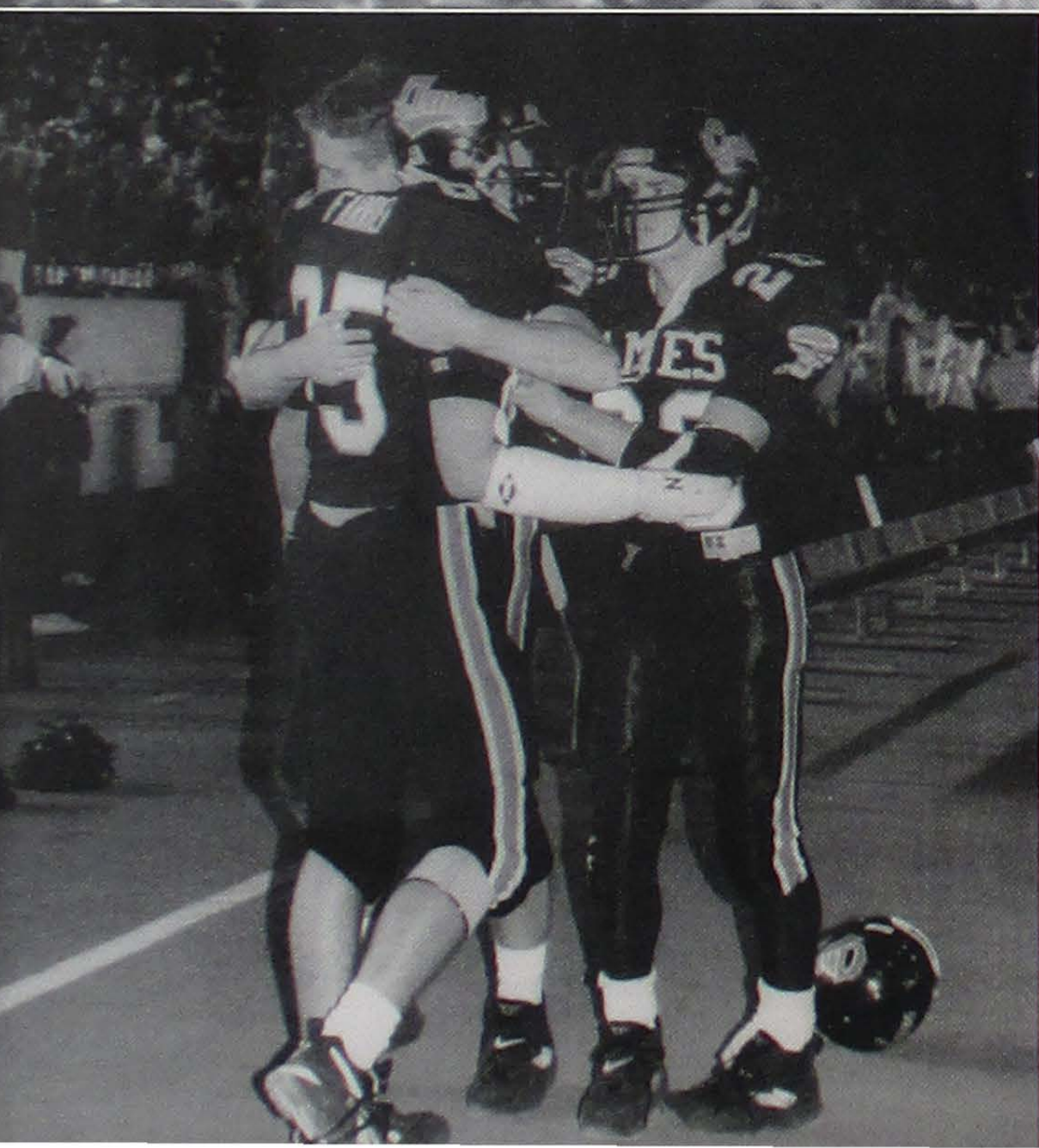
Varsity Basketball Squad. Front Row: Misi Emiola, Renee Kingsbury, Cynthia Gelina. Second Row: Elizabeth Andre, Shelley Jaspering, Carrie Salvo, Melissa Kell. Back Row: Heather Wright, Robin Geiger, Annagreta Birch, Katie Helland, Beth Holger.



Sophomore Fall Cheersquad. Front Row: Kara Belz, Heidi Kubera, Stephanie Wombacher, Cassie Clyde. Back Row: Beth Thompson, Melissa Goehring, Kathy Loveland, Jessie Schram, Sonia Panigrahy.



Winter Freshman Squad. Front Row: Allison Rippke, Jill Baker. Second Row: Aminah Beavers, Amy Corley, Nicole Shaull, Alyssa Speck. Back Row: Jill Watson, Beth Foote.

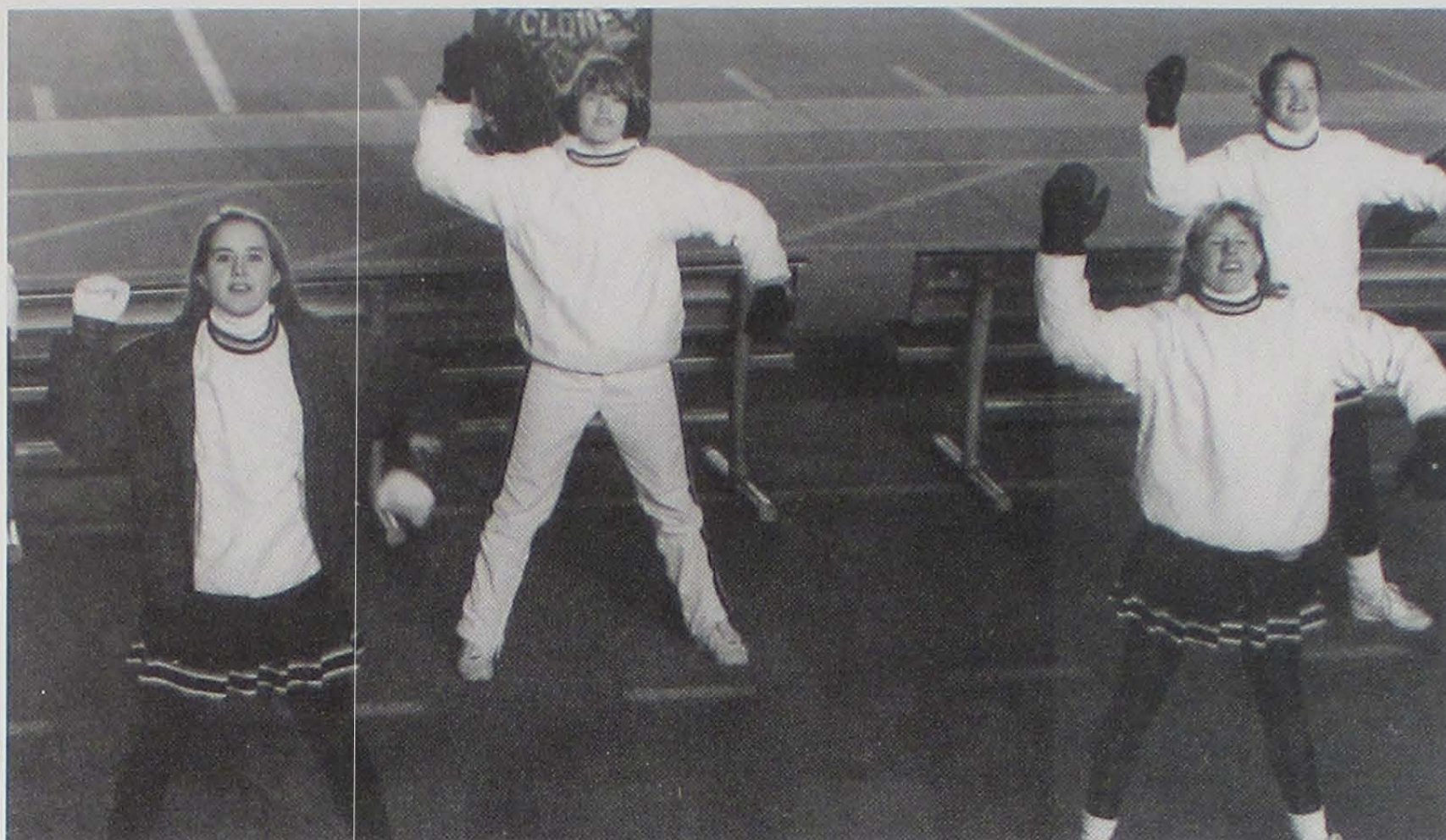


After catching a pass, senior Matt Farrier is congratulated by teammates Chad Wheatley and Kurt Harryman. The Little Cyclones won the game against Ankeny to put them in the play-offs. Farrier missed most of the season due to injury. (Photo by Pam Hove)

Diving off the starting block, senior Bronwen Benbow starts the first leg of her relay. In the dual meet, the Little Cyclones defeated Mason City. (Photo by Robin Geiger)

Trying to keep warm, sophomores Stephanie Wombacher, Kara Belz, Heidi Kubera and Elizabeth Thompson cheer at a home sophomore football team. The cheering worked, because team ended its season undefeated. (Photo by Alicia Ackerman)

Hoisting up sophomore Kara Belz, sophomore cheersquad members perform a stunt at a pep assembly. Heidi Kubera watches as Kathy Loveland, Melissia Goehring and Stephanie Wombacher steady Belz above them. (Photo by Alicia Ackerman)



WHEN IT COMES DOWN TO IT

For the third consecutive year, the varsity cheersquad took first place in the co-ed division at the state cheerleading championships at Southeast Polk Nov. 11. The squad performed a three-minute routine which included dance, stunts and a cheer.

The squad performed at the half time of an Iowa State basketball game in January.

Intensely watching the match, wrestling cheerleaders juniors Shannon Kenealy and Melissa Green, and seniors Sara Meinhard and Steph Bulver root for the Little Cyclone matmen. (Photo by Alicia Ackerman)



Keep Smiling!?

"It's really embarrassing when you start yelling DEFENSE, and your team is on offense," said junior Shannon Kenealy.

This is only one example of the sometimes embarrassing things that cheerleaders dealt with. On top of that, they competed in contests, taught children cheers and went to cheer camps. And through all that, they gained knowledge, friends and glory, sometimes in exchange for pain and embarrassment.

"We told Misi (Emiola) that we were going to do one cheer and then we did another. She ran out and started doing the wrong cheer! It was really funny," said junior Shelley Jaspering. "Then later on, one of our guys got a three-point shot and she started doing toe touches. The second time she did them, she came down wrong and landed on her butt!"

Each year, the cheersquad put together a pep assembly around a central theme. The Feb. 11 assembly was "AHS Hollywood", and not everyone was an eager participant.

Cheerleaders found putting themselves in front of the crowd sometimes went hand in hand with humiliation

"We have to dress up as Shirley Temple on Friday," freshman Heather Risse said. "I feel, being a freshman, that getting out in front of the whole school is bad enough! And dressing up as Shirley Temple is worse!"

In addition to pep assemblies and games, cheerleaders also performed at the annual Sports Kickoffs.

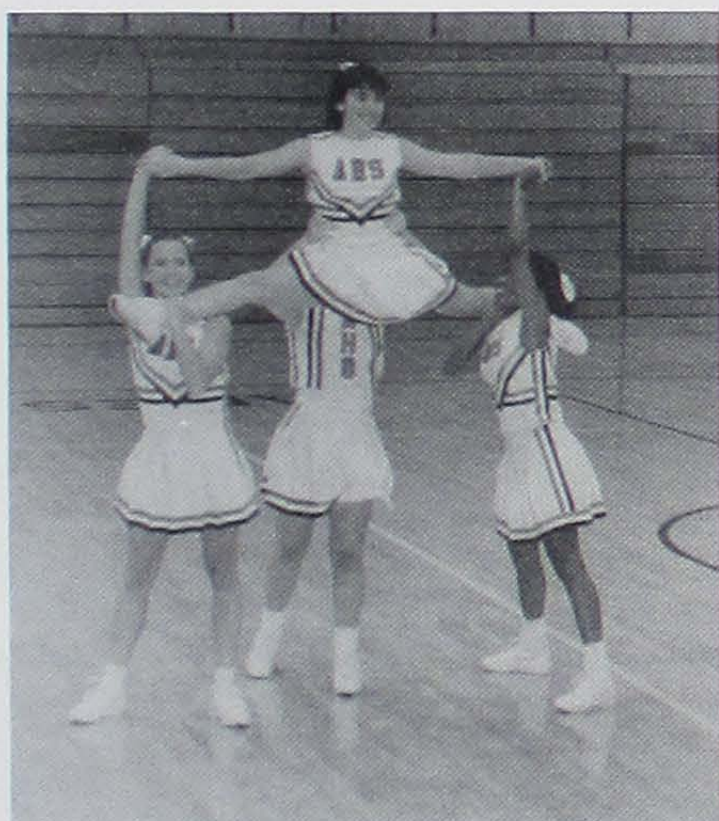
"At the Sports Kickoff, they were calling our names to do jumps. I thought they were going in alphabetical order but they weren't. So I wasn't listening when they called my name. It took me a few seconds to realize that it was my turn. People still tease me about it today," said sophomore Trisha Popelka.

Sometimes, instead of embarrassment, cheerleaders suffered pain.

"I broke my back at the beginning of the year. And when I came back to practice, I was stunting and they dropped me on my back," said sophomore Bree Shields.

Despite the pain, or less seriously, embarrassment, cheersquad members found ways to keep smiling.

By Aubrey Robbins



Supported by senior Melissa Kell, junior Misi Emiola and a third varsity cheerleader, junior Shelley Jaspering does the splits in mid-air at an assembly. (Photo by Spirit Staff)



Leading a winter pep assembly, varsity basketball cheerleaders attempt to rouse the student body. During the assemblies, cheerleaders teamed up with the pep band to fire up the crowd. (Photo by Pam Hove)

Golden Touch

The setter anxiously awaits the opposing team's serve. Triumph dashes through her mind. The ball soars over the net toward her. Wings seem to take over as she attempts to bewilder her opponents with a sudden spike. The powerful blow whips towards the enemies' unguarded territory too quickly for them to react. The crowd sits holding their breath awaiting the referees' close call decision. In the 1993 season, the referees calls were almost always in the Little Cyclones favor.

"The last few years we've been hot and cold and not very consistent with our winning. This year, because of our attitudes, we have been able to come out with a lot more wins," senior Jessica Hugdahl said.

The varsity team began its season placing second out of 16 teams in the Ames Earlybird tournament, and finishing off the year by advancing to the first round of regionals. Winning wasn't the only factor that helped define the season, though.

"There weren't any personality conflicts this year like there had been in the past. We were able to put our differences aside during games and to be friends on and off the court," senior Katie Krogmeier

Creating a fourth team adds a flare to the volleyball season

By Leah Mills

said.

Methods of coaching were another aspect that set the season apart, in both positive and more challenging ways.

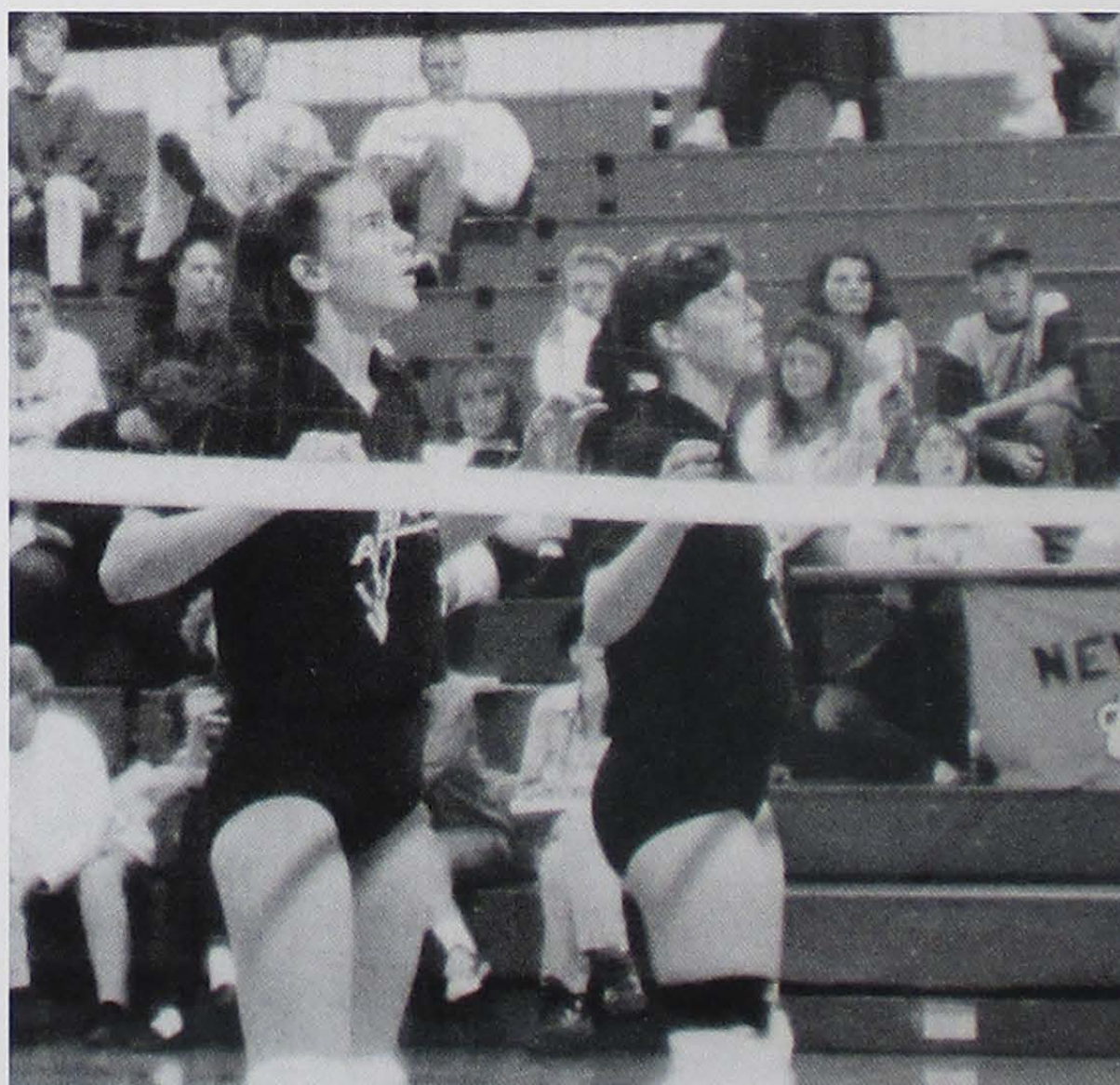
"The coaches were much more serious this year than they had been in years before. I think people try a lot harder as freshmen than they did in middle school," freshman Nicole Richardson said.

Probably one of the biggest changes in the season was the new administrative policy which resulted in a fourth team consisting of freshmen and sophomores. In addition to the no-cut policy, the rule restrained coaches from excluding players who were unable to try out due to injury. The new team's coaches, Michelle Moore and Courtney Hansen, were given two thumbs up by most players.

"Both Hansen and Moore had attitudes of establishing us as players instead of making us just another winning team. Previous coaches hadn't really made it clear what their goal was for us," sophomore Jessica Keller said.

When players tried to summarize the season, the word change often came to mind. More players on the roster seemed to result in a victorious season. That, and their camaraderie, left the Little Cyclones, and the setter awaiting the serve, happy.

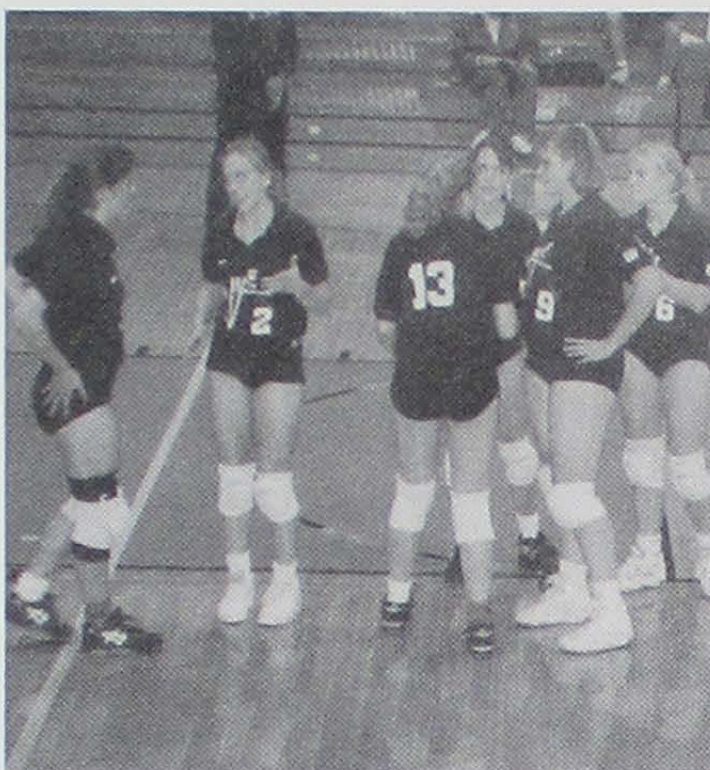
Intensely watching the approaching ball, junior Allison Jones and senior Jessica Hugdahl prepare for combat. Ames won the first-round district game against Nevada Oct. 25. (Photo courtesy of Sherry Schwarzenbach)





Checking the scoreboard during a tense moment, junior Sherry Schwarzenbach sits as juniors Alison Jones and Charli Engelhorn discuss a call. "Before each match starts I try to focus on goals that I'd like to accomplish. It's tough when you're losing, but I try to stay positive," Schwarzenbach said. (Photo by Cori Kindred)

Congratulations take place after seniors Jessica Hugdahl, Katie Krogmeier and Laura Kain and juniors Jenny Johnson, Renee Kingsbury and Jenny Olson score during a varsity game. (Photo courtesy of Laura Kain)



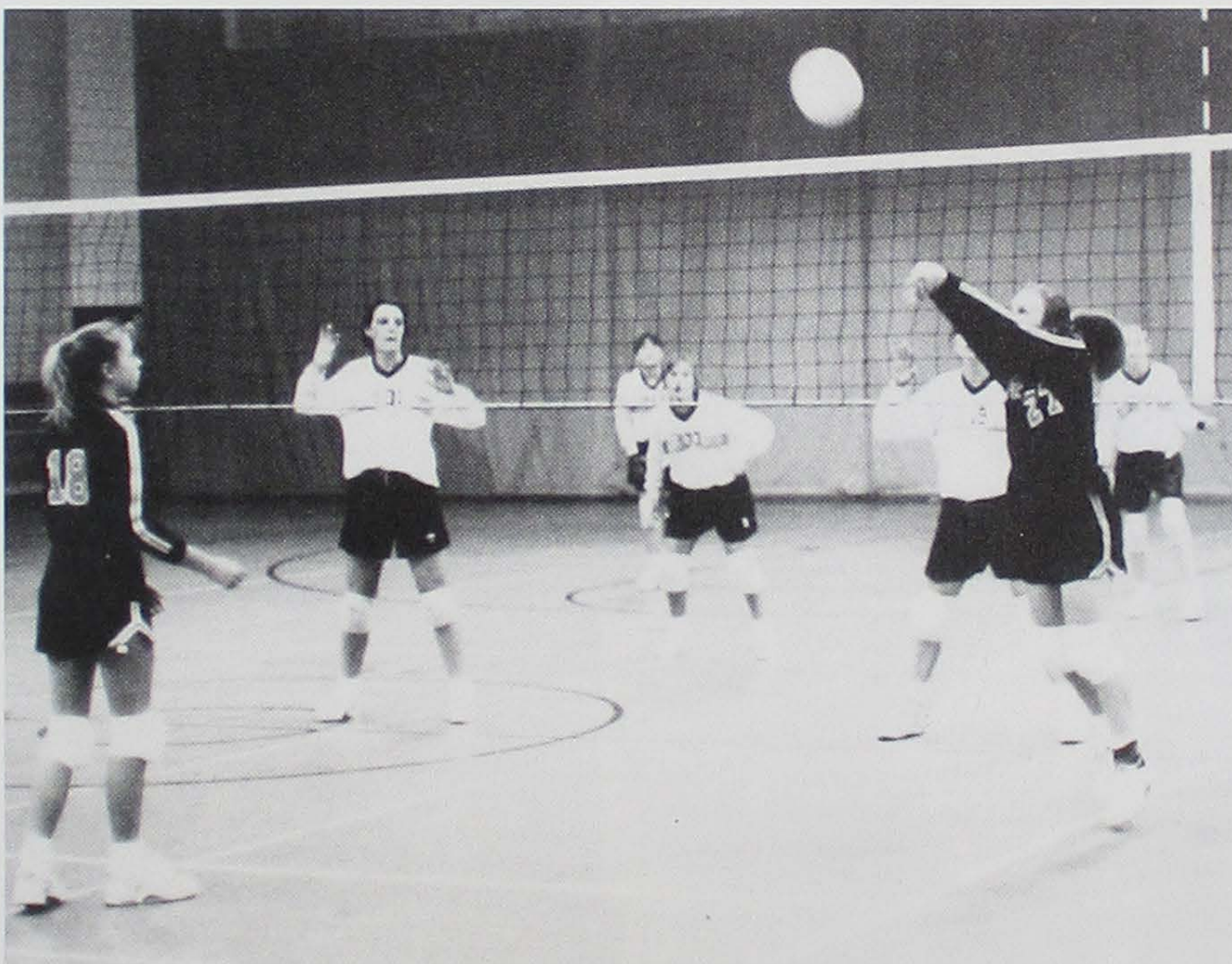
WHEN IT COMES DOWN TO IT

1st All-Conference Team:
senior Laura Kain

2nd All-Conference Team:
seniors Jessica Hugdahl
and Katie Krogmeier

Honorable Mention
All-Conference Team:
junior Jenny Johnson

The team placed second
in the Ames Earlybird
Tournament



Setting a play, sophomores Michelle Hunziker, Laura Biechler, Sommer Mohs, Andrea Hugdahl and Jill Muller work together. The JV team, coached by Cindy Friedrich, ended its season with a 7-4 record. (Photo by Cori Kindred)

In mid-air, freshman Nicole Thiede tries to save the ball. The freshman team ended the season 12-8-1. "They are a very talented class as far as volleyball is concerned; they worked really well together," said Coach Heidi Clinton. (Photo by Cori Kindred)

Winning Streak

"I think about beating the person in front of me and winning the race," freshman Melissa Lehmkuhl said.

Throughout the season, the cross country coaches lectured runners about the benefits of a positive attitude, like Lehmkuhl's. They emphasized the importance of being a winner mentally and physically.

"I think it helps, knowing you can do it. Because of the length of races we run you wonder, 'Why am I doing this? Why am I hurting myself so much?'" sophomore Naila Meyers said. "This is my first year and I'm not sure if I would have made it if I didn't have a good head on me."

Cross country meet courses were two miles, but in practice the runners often had to run even longer distances, averaging four to six miles. When they ran like that every day, it made them stronger. It also made them tired, and that's when sticking with it got hard.

"We had to run 10 800s at fast paces one time. It was hell!" senior Erin Ross said. "But we were all feeling how hard it was for each other, so we kept saying, 'come on, we can do it!' By helping

Cross Country runners learn the value of positive attitudes

By Aubrey Robbins

each other, we helped ourselves."

Despite all the talk about a positive attitude, there were still times when the runners really wanted to give up.

"When that happens, you just think about getting in front of the next person," freshman Rachel Abbott said. "When you're running in races, you're not tired because you just don't think about it—only getting in front of the person ahead."

The runners took this positive attitude to heart and achieved success. Of eight meets, the varsity team placed first in half. The Junior Varsity squad placed first in every meet they competed in, and the freshman and sophomore teams placed third in the Frosh-Soph meet.

The team placed third at the state meet, and sophomore Alienor Gilchrist was the individual champion, the first Ames runner to win this title. Senior Susie McGee also finished in the top 10, placing eighth.

"They had a superior work ethic and the thing I enjoyed most was going to practice every day because they had a pleasant attitude towards each other," Coach Kirk Schmaltz said. "I didn't really feel any jealousy among them."



Crowding together at the start of the race, the JV girls get ready to run. Junior Gina Olberding describes the course to freshman Kara Zeimet. The JV girls went on to win the meet. (Photo by Becca Stott)



Stretching before the race was essential for runners like senior Hope Amos. Warming up at the state meet was especially important due to the cold weather. Ames finished third at the meet. (Photo by Becca Stott)





Running as a pack, senior Beth Titus leads senior Karri Beckman, junior Symantha Miller and freshman Erica Wehner. Running in groups during a race helped the JV team go undefeated. (Photo by Becca Stott)

Before her race, senior Carrie Salvo stretches her muscles. Warming up alone before a race allowed athletes time to collect their thoughts and think about the layout of the course prior to running. (Photo by Becca Stott)



WHEN IT COMES DOWN TO IT

The Varsity team finished third at the state meet behind Iowa City High and Pleasant Valley.

Sophomore Alienor Gilchrist finished first at State and was the only girl in Ames High history to have done so.

The JV squad was undefeated.

Gilchrist and senior Susie McGee were named to the All-State team for placing in the top 10 at the state meet.

Unlike other meets, there were many spectators at the state cross country meet in Fort Dodge. With so many people there, including senior Tom Payne, runners like senior Julie Simonds had extra incentive to cross the finish line. (Photo by Becca Stott)

WHEN IT COMES DOWN TO IT

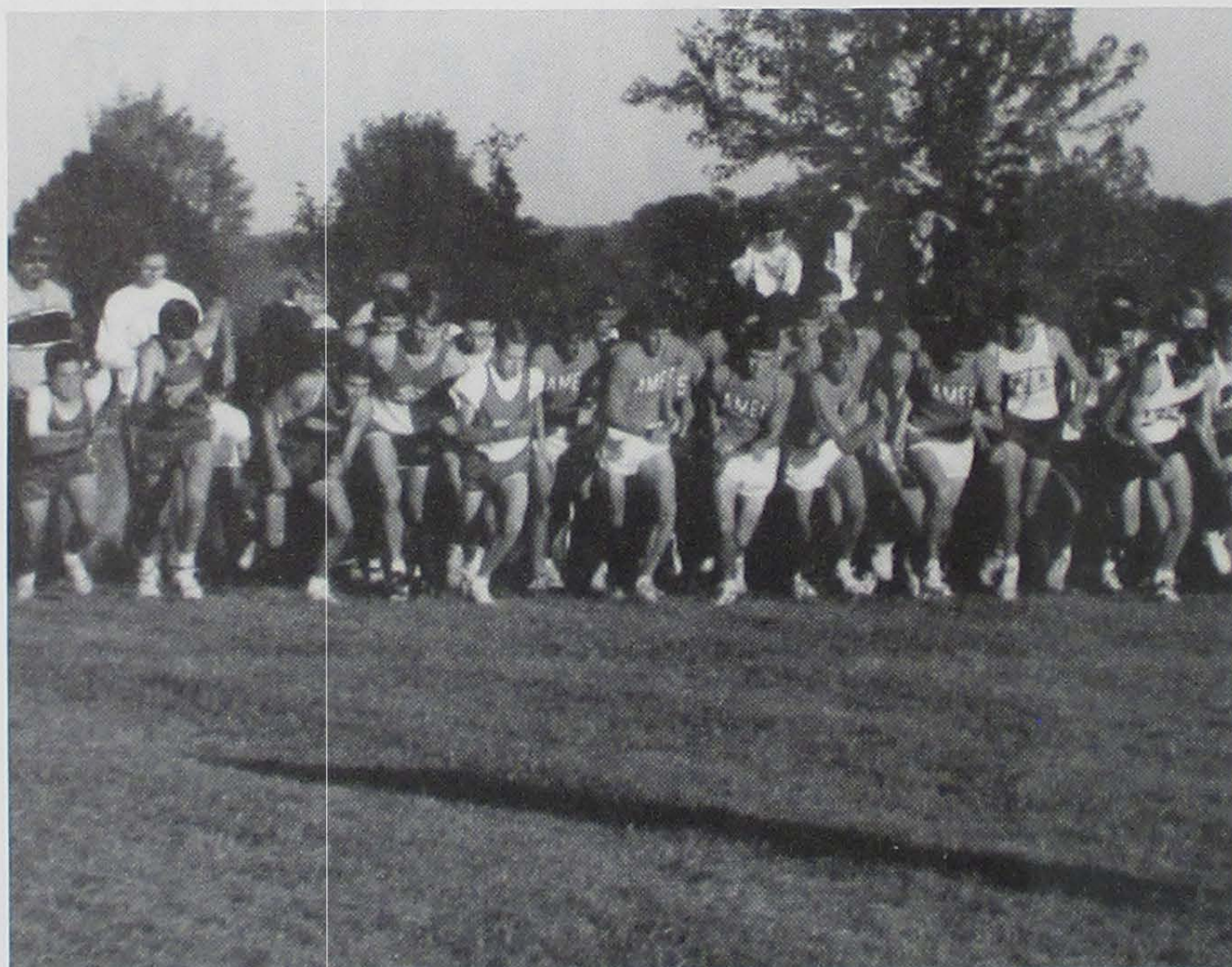
Except for the state meet, the team did not finish lower than third place at any meet.

The team was ranked in the top 10 statewide throughout the season.

The team placed first at the the Mike Augustine Invitational in Ankeny.

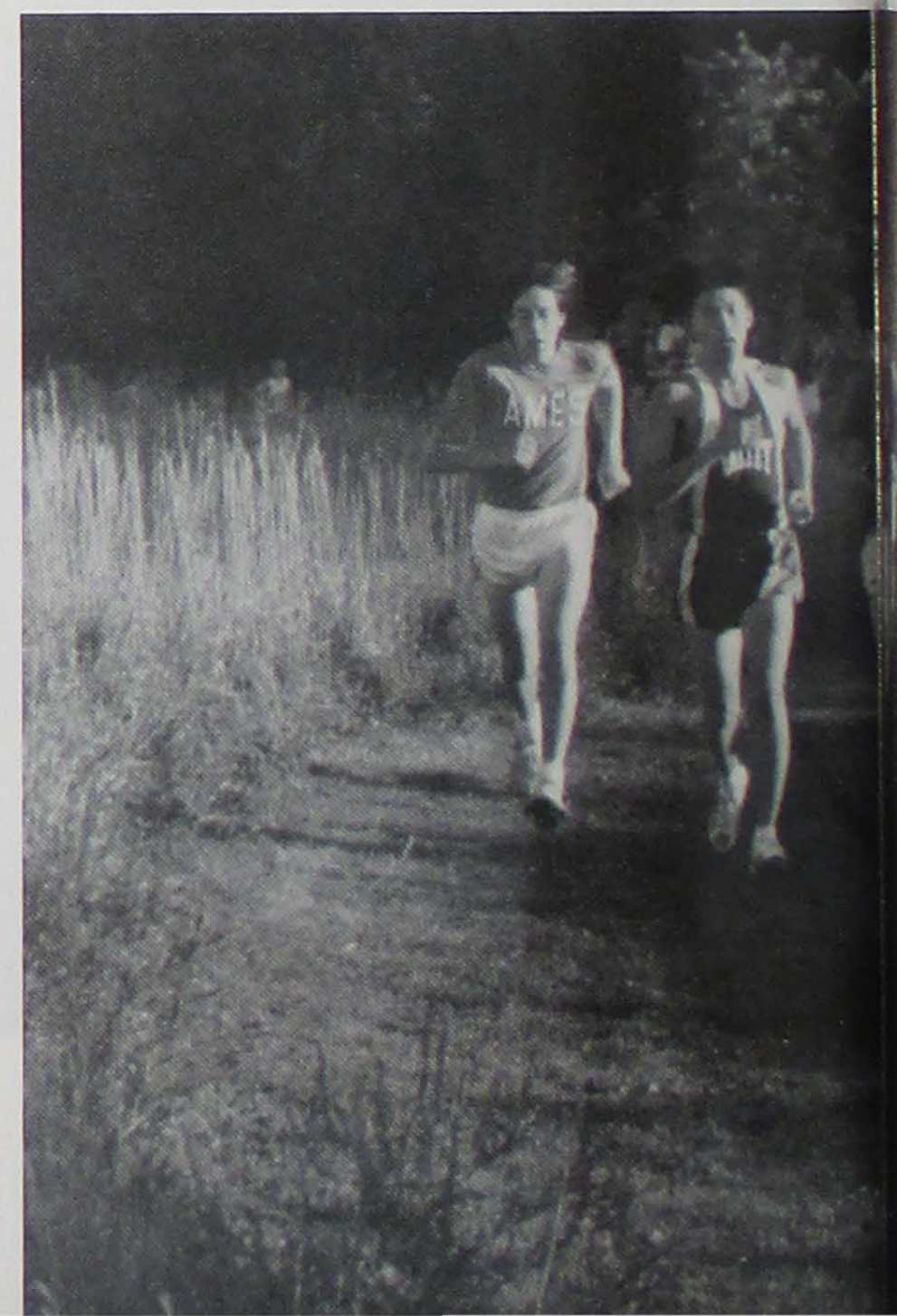
Leading an Ankeny runner, senior Jeff Stiles nears the finish line at the district meet in Marshalltown. The Little Cyclones placed third at the meet. (Photo by Pam Hove)

With gloves and a hat on, junior Nick Dau runs toward the finish at the state cross country meet in Fort Dodge. Because of the cold temperatures and brisk wind, many runners were bundled up as they ran. (Photo by Becca Stott)



Seconds after the gun, the runners take off. Sophomore Dan Johnston, juniors Mark Sedgwick and Dave Evans, and senior David Cantonwine lead the way for the JV team. Ames finished second in the 11-team Indianola Invite. (Photo by Becca Stott)

Running through the fields at the Ames Invitational, junior Casey Allen runs after a Valley runner and teammate David Cantonwine, a senior. Due to the summer flooding, many meets were held at new courses. (Photo by Pam Hove)



Working Hard

It's a perfect day for running: 78 degrees, a slight breeze, not a cloud in the sky. Members of the boys' cross country team crowd into their selected slot and await instructions from the starter. He raises his gun and fires. The runners take off, hoping for a personal best and a team victory. They go out with one thing in mind—to get the job done.

"When we ran in practice, you just had to do it no matter what happened. You have to mentally block it out that you're tired and just run," junior Clint Houge said.

Although runners used different methods to prepare themselves, most agreed that they needed to focus on the meets directly ahead of them rather than the entire season.

"I just took it by one meet at a time. I didn't like to look more than a week ahead," junior Andrew Proescholdt said. "Most of the meets went pretty well. Everyone tried as hard as they could even if they didn't do as well as they wanted to by not hitting a certain time."

The work in practice, as well as previous experience paid off when each runner had his personal best time.

"We competed a lot better this year

**Taking
workouts
one day at
a time
helped the
cross
country
team get
the job
done**

By Becca Stott

because we had experienced runners from the year before. We didn't exactly know what our potential was, but we knew it could be better. The only way I knew I could get better was to run all of the workouts. Everyone had personal bests this year," junior Jason Wray said.

While experience from the year before helped, the addition of more hilly courses proved advantageous too. Due to the summer floods, the meets that were usually run at River Valley Park were moved to Moore Park which had numerous hills.

"There were lots of hilly courses this year. When we ran on flat courses, it was so easy because we didn't die on any hills. We ran a lot of our workouts on the track, which really helped when you came to the end of a race and needed the ability to sprint to beat someone. I found that the 400 workouts helped the most," junior Mark Sedgwick said.

As the runners head towards the finish line with languid strides and drooping heads, they file into the chute. Catching their breath and cooling down, the runners must find satisfaction knowing they gave their all and that they got the job done.

Sprinting in the last few hundred meters of the race, juniors Jason Wray and Jason Miller head straight for the finish line. Having a kick at the end of a meet was often difficult, but necessary. The varsity team placed second at the meet. (Photo by Becca Stott)



The key to fast times often relied on the way swimmers entered the water. "I often practiced starts during the last 10 minutes of practice once or twice a week. It's really important to start off right," senior Browen Benbow said. (Photo by Robin Geiger)

The pressure is on as senior Daniella Williams prepares to dive in for the 4 x 100 yard relay during the Mason City meet. Unfortunately, the Ames girls lost the meet but it was a close call. Mason City beat Ames 94-91. (Photo by Robin Geiger)

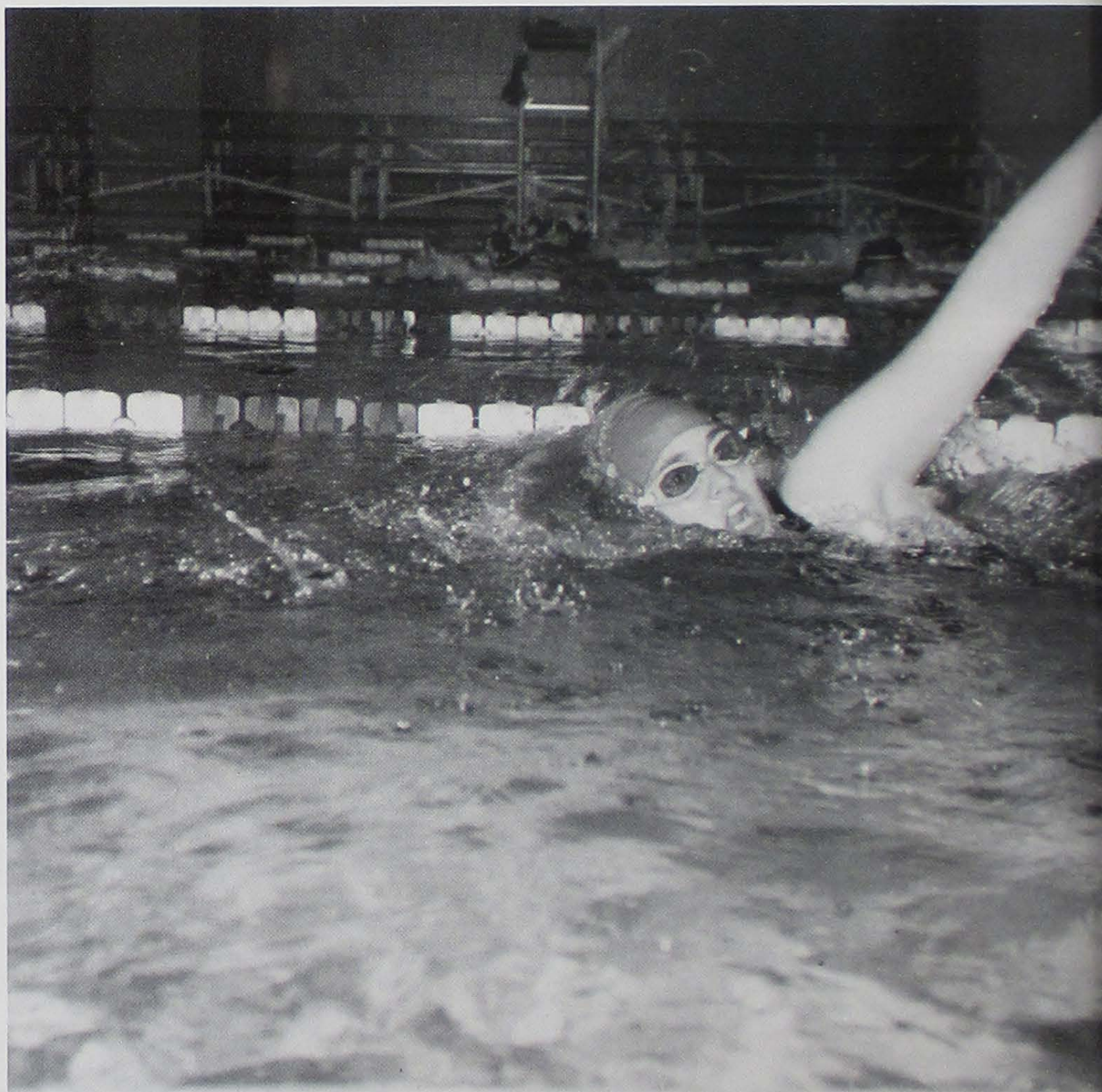


WHEN IT COMES DOWN TO IT

The team placed ninth at state, their best finish since 1984 when they placed fifth.

Based on their performance at districts, eight swimmers qualified for nine events at state: the 200 yard medley relay, 200 yard freestyle, 400 yard freestyle, diving, 100 yard freestyle, 100 yard breaststroke, 200 individual medley, 50 yard freestyle, and 100 yard backstroke.

Taking time out to fix her strokes, sophomore Kathy Marvick does warmups before a meet against Newton at home. The Little Cyclones won the meet 102-67. (Photo by Robyn Berning)



Eat Our Wake

Anticipating the horn to begin her race, a swimmer approaches the block, readjusts her goggles and shifts her swimcap. With confidence, she stares the opponent dead in the eye and dishes out three words: "Eat our wake." This was what many opposing teams digested from the girls' swim team. But winning wasn't the only goal the team strived for—first came defeating illness.

"There was so much illness this year, it was unreal," sophomore Noelle Padgitt said. "A smaller and smaller percentage of the team showed up each day, we never knew what to expect."

At one point in the season over half the team was out due to illness. But the meets still kept coming, despite the shrinking numbers.

"It was really hard to place people in races for meets," Coach Nancy Svien said. "I'd always have to stop and think if the person was ill or if they were just returning to practice from being ill, so they couldn't swim. It's amazing that we still had fast girls in every event."

Most of the team was affected by meets really close together. Recovery time had to be quick and swimmers always had to overcome fatigue.

**Vengeful
opponents,
chilly
temps,
fatigue and
illness
made swim
season a
challenge**

By Tanisha Cosby

"Once we had three meets in a week," Padgitt said. "We usually don't get back till 10 p.m. By the time we go home and do homework it's really late and we pay for it the next day at school. The pace is hard to keep up with."

Eventually members caught up with their sleep, but other factors, including the pool temperature, affected everyone.

"Throughout the season the pool was either too cold or too hot because of broken boilers," senior Angela Arias said.

The swimmers obtained faster times in cold water, but sometimes the temperature was a little too icy.

"When the water's too hot, our muscles relax and it is much easier for the team to have injuries," junior Robyn Berning explained. "Also the heat zaps our energy."

Temperatures and illness didn't ruin the season though. In fact, the girls' swim team placed ninth at the state meet.

"Previous swimmers improved their times a lot since last season," junior Jodi Larson said, "and it was really cool to beat teams that we couldn't before."



During practice, junior Sara Britson gives a few encouraging words to freshman Erin Life. Many team members became good friends during the season as older swimmers took new members under their wing. (Photo by Robin Geiger)



Showing their stuff outside the water, senior Monika Wilke and juniors Melinda Hefley and Cecily Martin take a break and flex their muscles. Swimming was not always the top priority at practice. (Photo by Robin Geiger)

In the Rough

When the boys on the golf team teed up in the fall, they found themselves facing a tougher situation than ever before. Not only had they lost some key golfers from the '93 season, many of the schools whose teams used to play in the spring switched over to the fall season.

"It was a very tough conference, and our district was one of the toughest in the state," junior Ethan Olberding said. "All the 4A schools moved to fall golf, so we had more teams to play against than just the Des Moines schools. In a way, it was kind of a burden, but on the other hand, there were more meets, and there was more time for the younger players to get on the course."

Not only were there new, unfamiliar teams to play against, but many of the familiar faces of past foes were gone, too.

"Schools such as Dowling and Valley switched over to the other conference, so we didn't have as many friends out there," senior Mark Atchison said.

Although the Little Cyclones built some confidence after winning their own Ames Classic early on, as the season progressed, consistency in the team's over-

Boys' golf team endured tough competition as more teams switched to fall season

By Susan Hsu

all performance wavered.

"Although there were many individual highlights, it didn't seem as if everyone was playing well at any certain time," senior Jim Polston said.

Despite these ups and downs, the members of the team pulled together and helped each other out mentally.

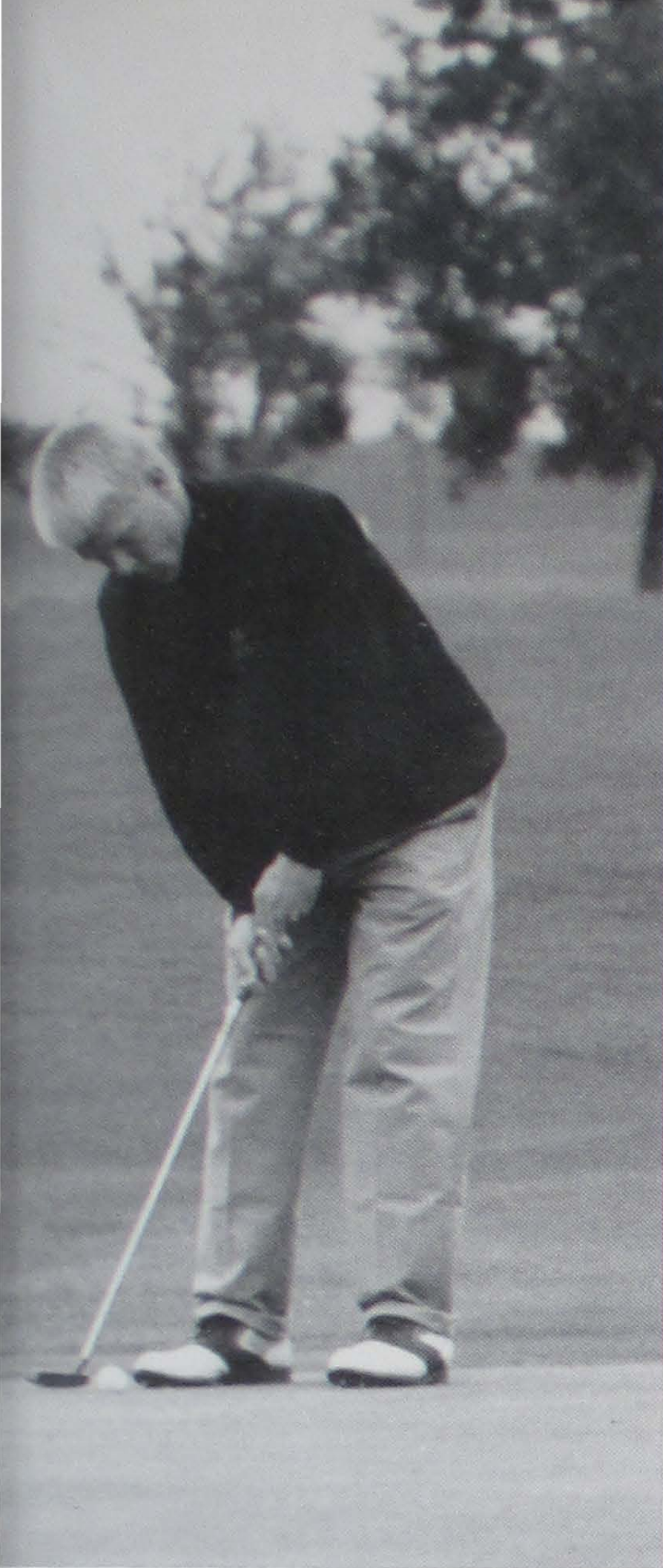
"Everyone cooperated and supported each other, even if some of us didn't do very well," freshman Brian Fliehler said. "We just said to each other, 'that's OK, you can do better next time'."

For the golf team, competition was not the only important aspect of the season, team bonding proved just as valuable.

"After we lost our first meet, we decided we didn't have enough team unity, so we all got together and went mountain biking by the Skunk River. It brought us all closer, and later it paid off with our first-place finish at the Ames Invite," senior Earl Dowling said. "Although it was a disappointing season, as a team, we really grew together as a bunch of guys. We shared a lot of fun, and we grew closer throughout the season. So on that aspect, it was successful."

While in the fairway, freshman Joey Skluzacek practices his swing before teeing off at the home meet against Fort Dodge, DM North and Southeast Polk. Ames placed first in the meet with a score of 151. (Photo by Mindy Cooper)





Getting ready to putt in Ames' fourth home meet of the season, senior Rusty Crawford concentrates on the line. Crawford was medalist of the meet, helping his team place first as well. (Photo by Mindy Cooper)

Lining up his putt at the Ames Golf and Country Club, junior Charles Jischke kneels to determine how the ball will break. Knowing how to read the bumps in the green could make a big difference in the golfers' scores. (Photo by Mindy Cooper)

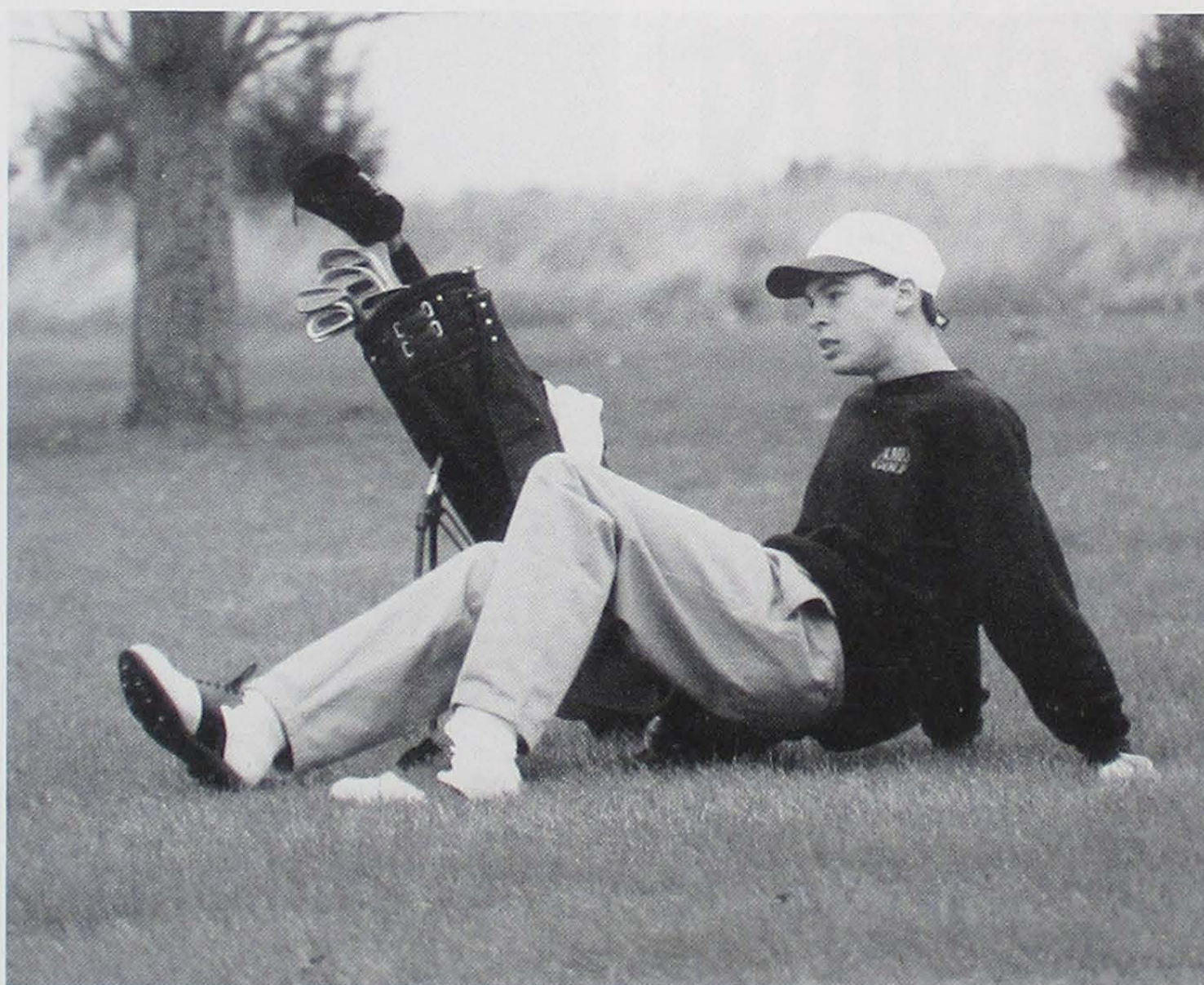


WHEN IT COMES DOWN TO IT

The Little Cyclones walked away with first place at their second meet, the Ames Classic. They beat eight teams to win the meet.

•
Senior Mark Atchison was the meet medalist at the Ames Classic.

•
Senior Rusty Crawford earned medalist honors at eight meets during the season.



Following through on his tee shot, senior Jim Polston watches his ball soar toward the green at a home meet. All home meets were held at the Ames Golf and Country Club. (Photo by Mindy Cooper)

Sitting patiently by his golf clubs, sophomore Jacob Rudolphi waits for an opponent to tee off. Since golfers weren't allowed to ride on carts during meets, breaks like this allowed them to rest. (Photo by Mindy Cooper)

State of Mind

Cigar smoke rises from ashtrays strategically placed around the green vinyl card table. Large sums of money are put on the table by the poker players, only to be hoarded by the winner of the hand. Typical Saturday night poker game, right? Well, not exactly. This game was played on Thursday nights by the varsity football team, and there was no cigar smoke or no large sums of money. After all, most teenagers don't have large sums of money.

So instead of betting and bluffing, the talk focuses on football, winning, and the superstitions that are a part of the mental game.

"A black cross made of beads gives me luck on game day," senior Tom Payne said.

Senior Dan Kamm said, "I have worn the same Metallica T-shirt every game since seventh grade."

Payne and Kamm weren't alone in their fashion-related superstitions.

"I wear my lucky boxers," senior Joe Sweeney said.

Senior John Milleman said, "I wear my Honeycomb T-shirt."

While those superstitions revolved around clothing, other players were more concerned about routine.

Football players find solace in superstitions & pre-game rituals

By Melissa Haynes

"I take my pads home every Thursday," junior Mark Hatfield said.

"First I put on the right strap, then I put my shoulder pads on," junior Simon Campbell said.

Lots of team members had superstitions about their pre-game routine.

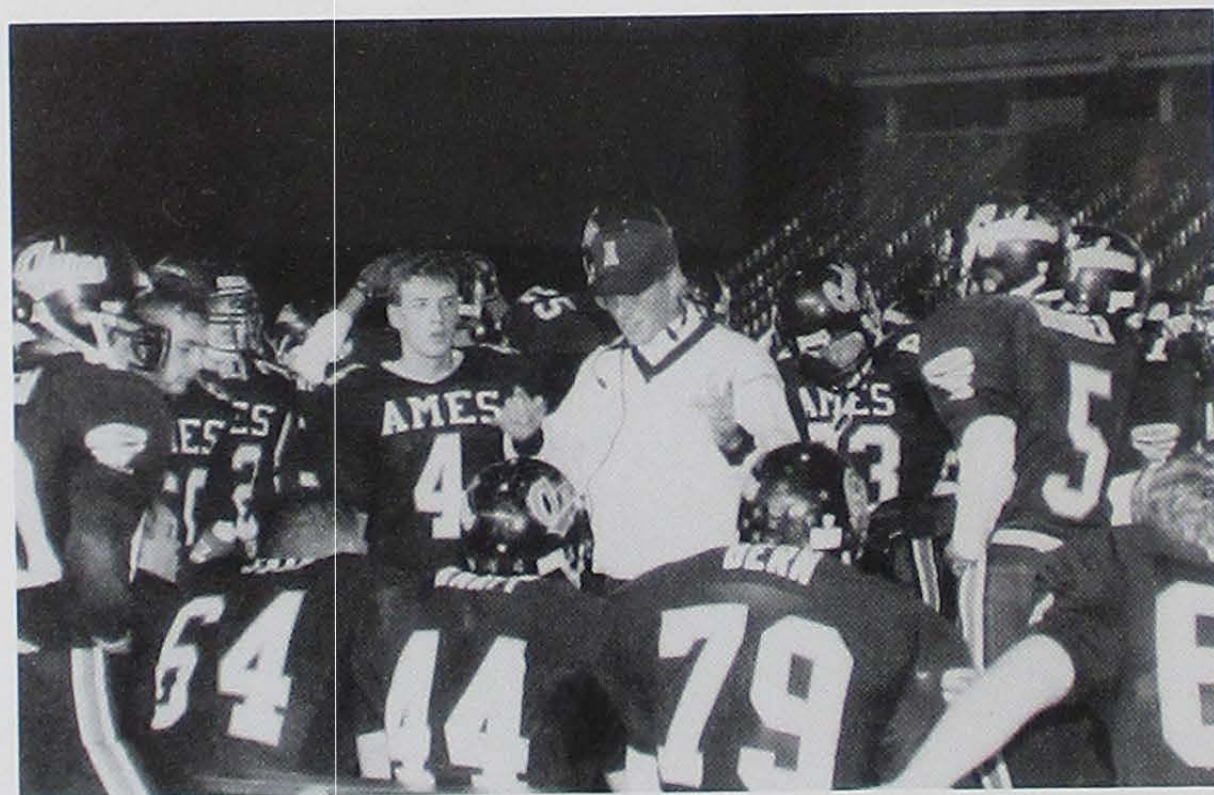
"I started a tradition where I sit behind the coach on the bus on the way to the games and he puts his bags beside me," junior Todd Swan said.

"I buy the same food all day long. First I buy two candy bars and then I won't eat until after the games," senior Lon Freeman said. "I will sleep in the same place, facing the same direction, and I sit in the same place on the bus."

"I wear the opponents' colors during the time spent in the media center to focus before the game," senior Dave Faux said.

Senior Tory Reimann wasn't as serious as his teammates. "I eat one freshman before each game," he said.

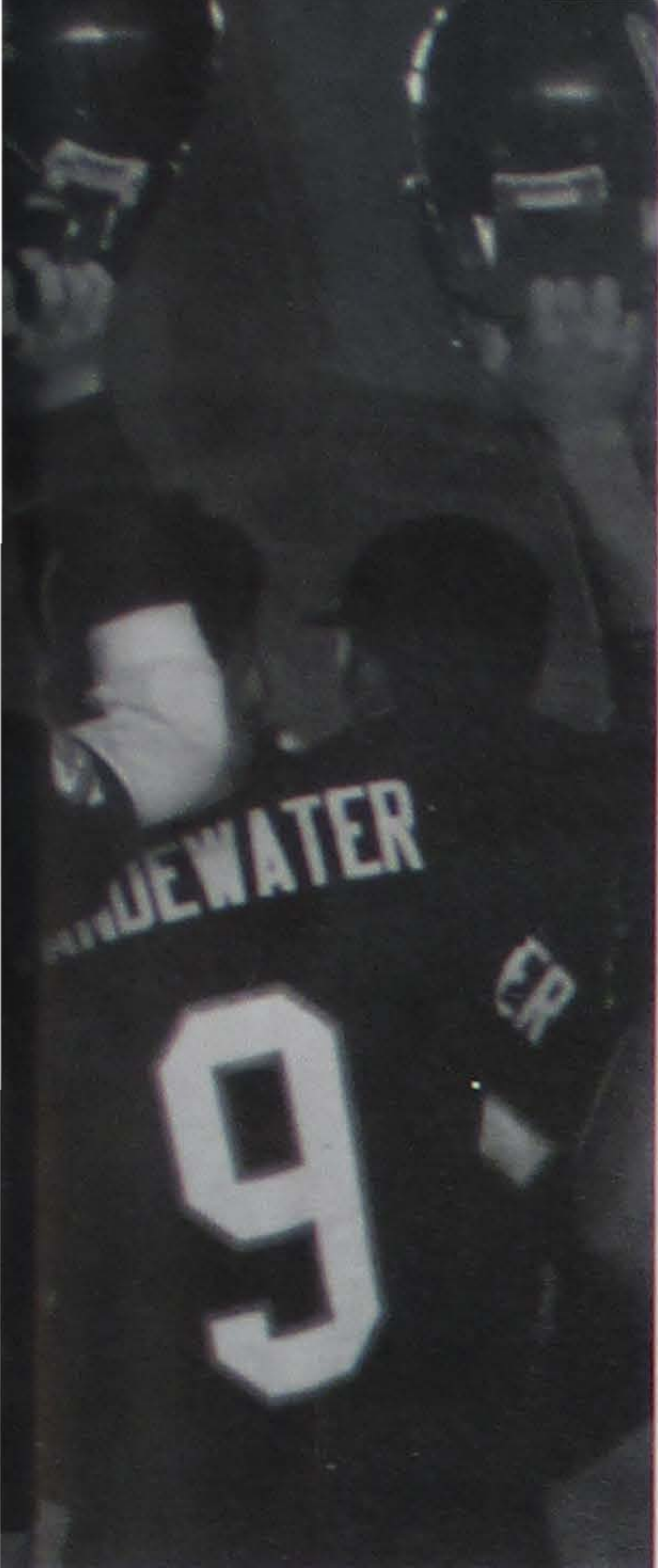
So whether it was cannibalism, or just clothing worn before each game, most players had some kind of pre-game routine. The team wound up 7-4, losing in the play-off quarterfinals, maybe because those superstitions paid off?



Members of the defense listen intently as assistant coach Bruce Vertanen gives directions for the next play. The game was one of five played at Jack Trice Stadium, due to erosion of the new sod at Little Cyclone Stadium. (Photo by Pam Hove)

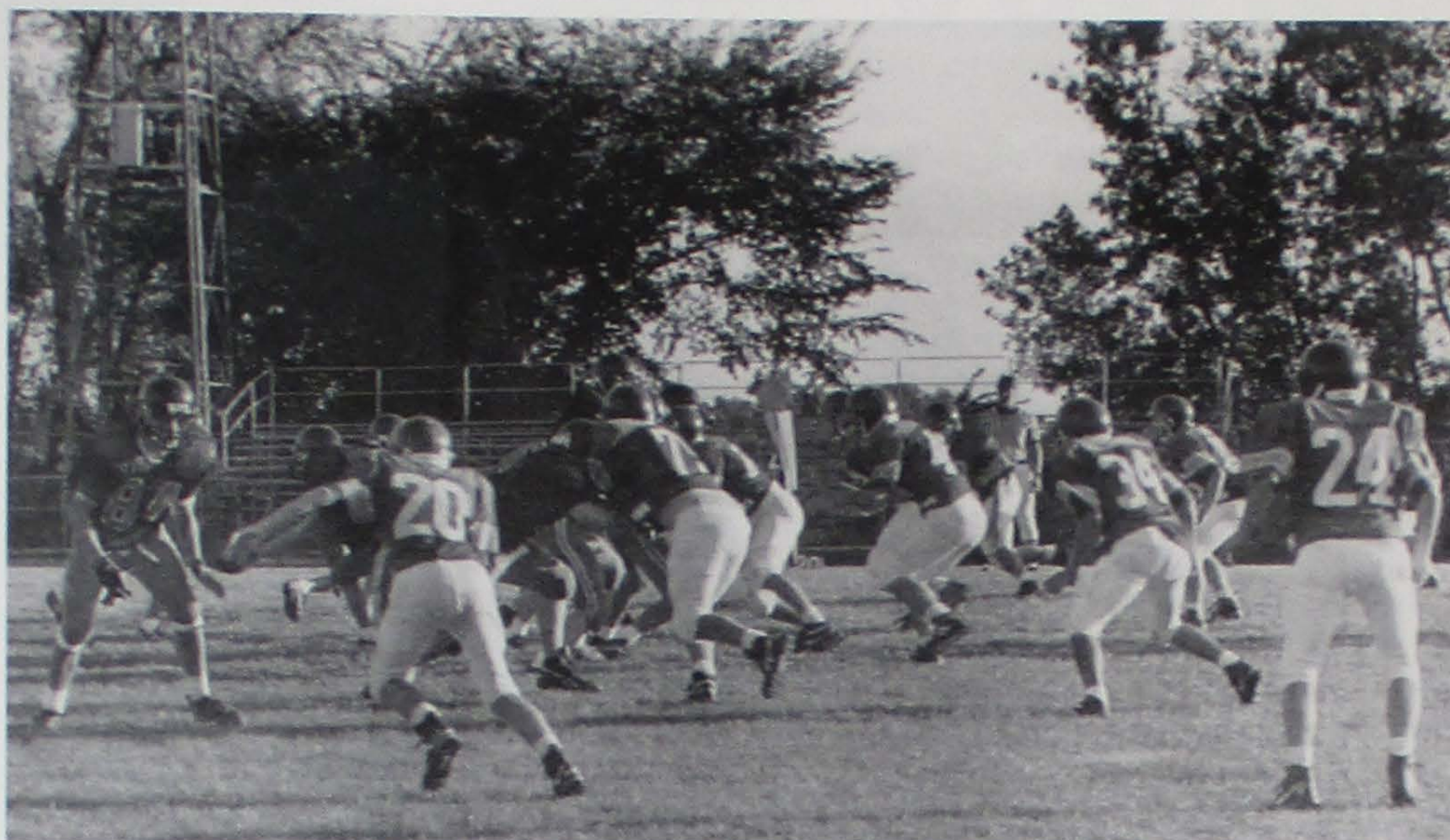


Before the homecoming game against Valley, senior quarterback Tom Payne takes a moment of silence to reflect on past mistakes and victories, and to think about the challenge that lies ahead. (Photo by Pam Hove)



Preparing for the kickoff, junior Gabriel Roberts and senior Lee Vandewater hold up their helmets. Raising their helmets before the kickoff was a tradition done in support of their teammates and to cheer on the kicker. (Photo by Alicia Ackerman)

In the game against Indianola, freshman Joe Simons blocks his opponent. The game was one of the few held at the Ames High Stadium. The freshman team, coached by Vance Downs, ended a disappointing season with an 0-9 record. (Photo by Pam Hove)



WHEN IT COMES DOWN TO IT

Seniors Steve Bern, Lon Freeman, and Brian Gould were named to the 1st Team All-conference.

Seniors Bryan Warme, Todd Swan, and Jeremy Mize made the 2nd All-conference Team.

The sophomore team won the conference title.

After their first playoff game, team members came off the field victorious. Seniors Thad Grebasch, Jeremy Mize and junior Chad Wheatley celebrate their win. (Photo by Mindy Cooper)

Water Domination

As the gun sounds, swimmers dive smoothly into the water. Blocking out the noise of the pool and focusing their minds on the race, they glide cleanly across the pool. Their strength and determination prod them as they strive towards their goal: to finish first and help the team continue its string of dual-meet wins.

"The team was very family-like—we were all really close and we bonded a lot. We all took it very seriously. We worked out when we were supposed to, and everyone put forth everything they had," said junior Joe Levine.

"It was very easy to get along with everybody on the team, and we all gave each other a lot of support," junior Bruno Gilchrist said. "Our workouts varied, but our practices were always pretty hard—as hard as we made them. But the special thing that brought our team together was that we liked to work."

Hard work and the success it created seemed to cement the team.

"Many great friendships were formed this season, especially in the excitement and fun of winning the meets. But we will always remember that the meaning of the friendships that were formed was

**Swimmers
discover
dedication,
camaraderie
pay off in
undefeated
dual meet
record &
sixth place
finish
at State**

By Emily Bourne

greater than the meaning of any victory we could ever have," said senior Tom Payne.

Even newcomers splashing into the season for the first time walked away with many positive experiences.

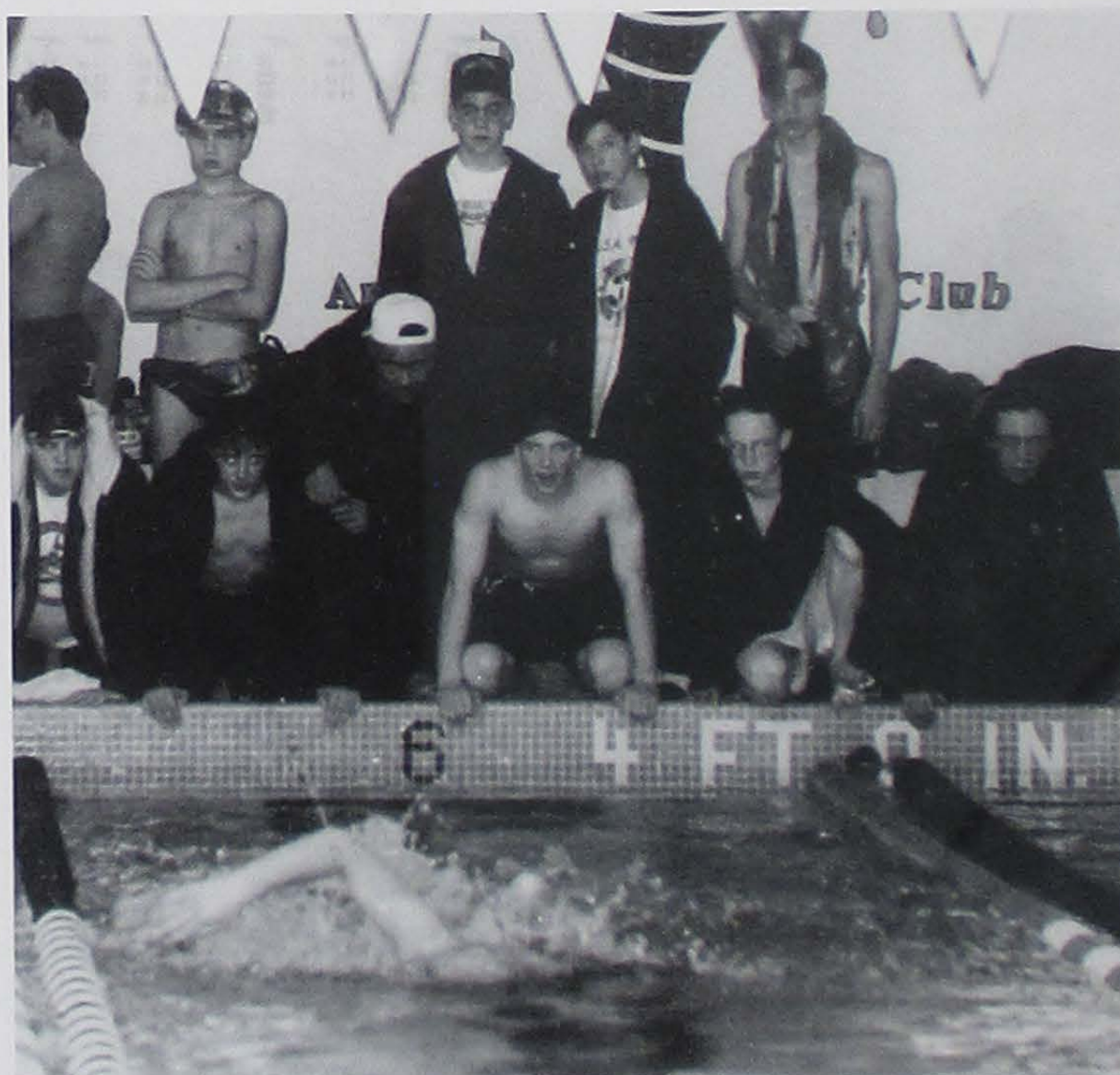
"I decided to join the team because my friends were on it, and it looked like fun," said sophomore Bryce Johnson. "The team guided and supported me, and I ended up going away with great memories from everyone, and I also went away a better person."

"The best part of the season was winning all of our dual meets, but personally, the best part was that I lettered, which contributed to that," said freshman Dan Gilloon.

Many factors went into the swim team's success, and those successes included a number one ranking through much of the season and a sixth place finish at the state meet. But beyond the victories and accolades, the team members' closeness held them together.

Senior Judd Bowman summed it up when he said, "The most rewarding aspects about being a part of the swim team were the practices, camaraderie, friendship, team spirit, and being there in it all."

To rally support for their team at districts, swimmers kneel by the side of the pool to cheer on their teammate as he nears the wall. (Photo by Beth Myers)





Cutting through the water, junior Joe Fisher attempts to beat his previous times. Fisher said, "I did my personal best in everything, which was all I could ask for." (Photo by Beth Myers)

Before a meet, seniors Josh Huntington and Mark Harms check previous scores. Swimmers always tried not only to win their races, but also to beat their personal best times. (Photo by Pam Hove)



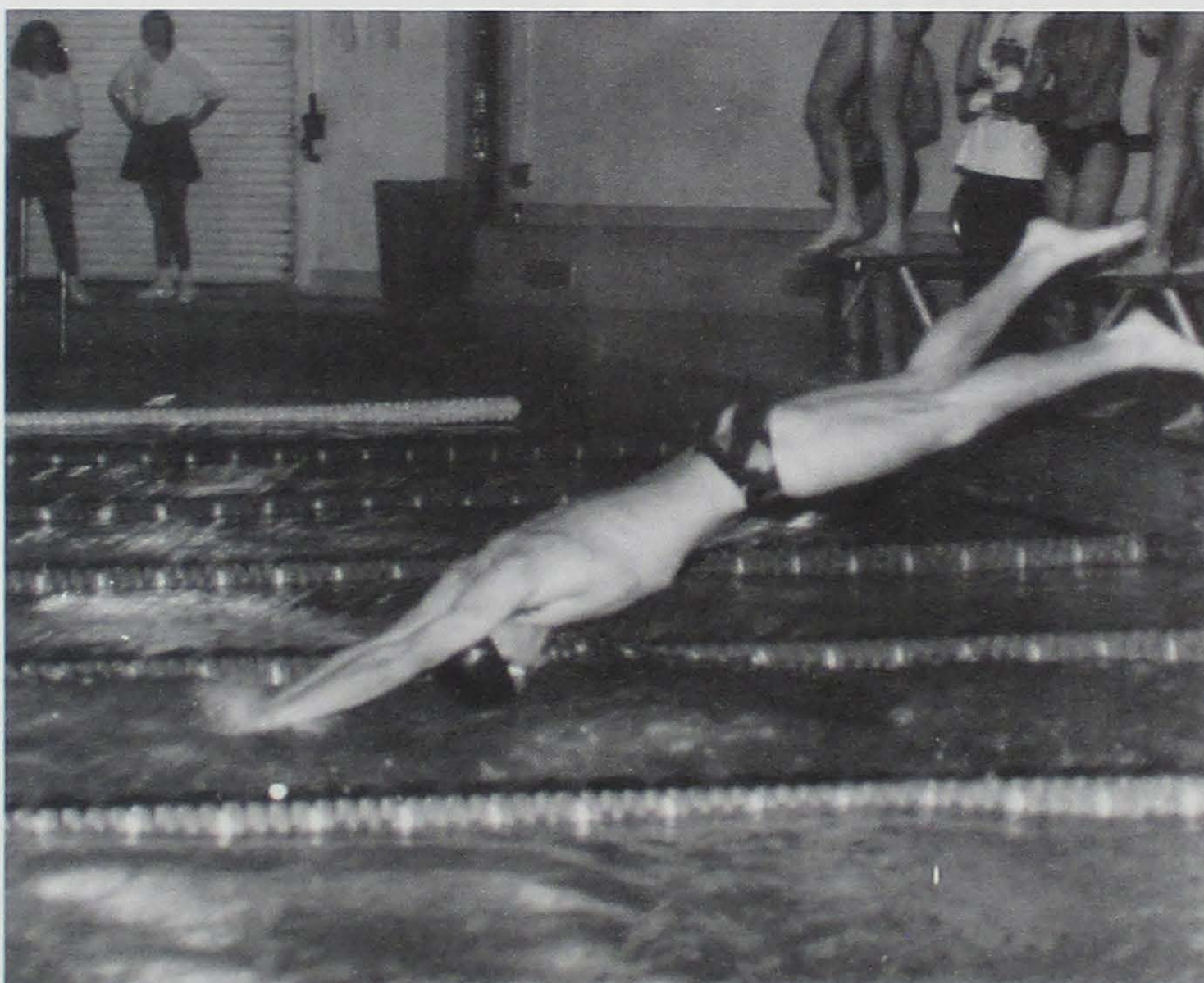
WHEN IT COMES DOWN TO IT

The swimmers tied for sixth place at the state meet with 82 points.

Sophomore Jeff Fisher broke the 21-year-old school record in the 200 individual medley with a time of 2:00.27

The squad won its third straight conference and district championships.

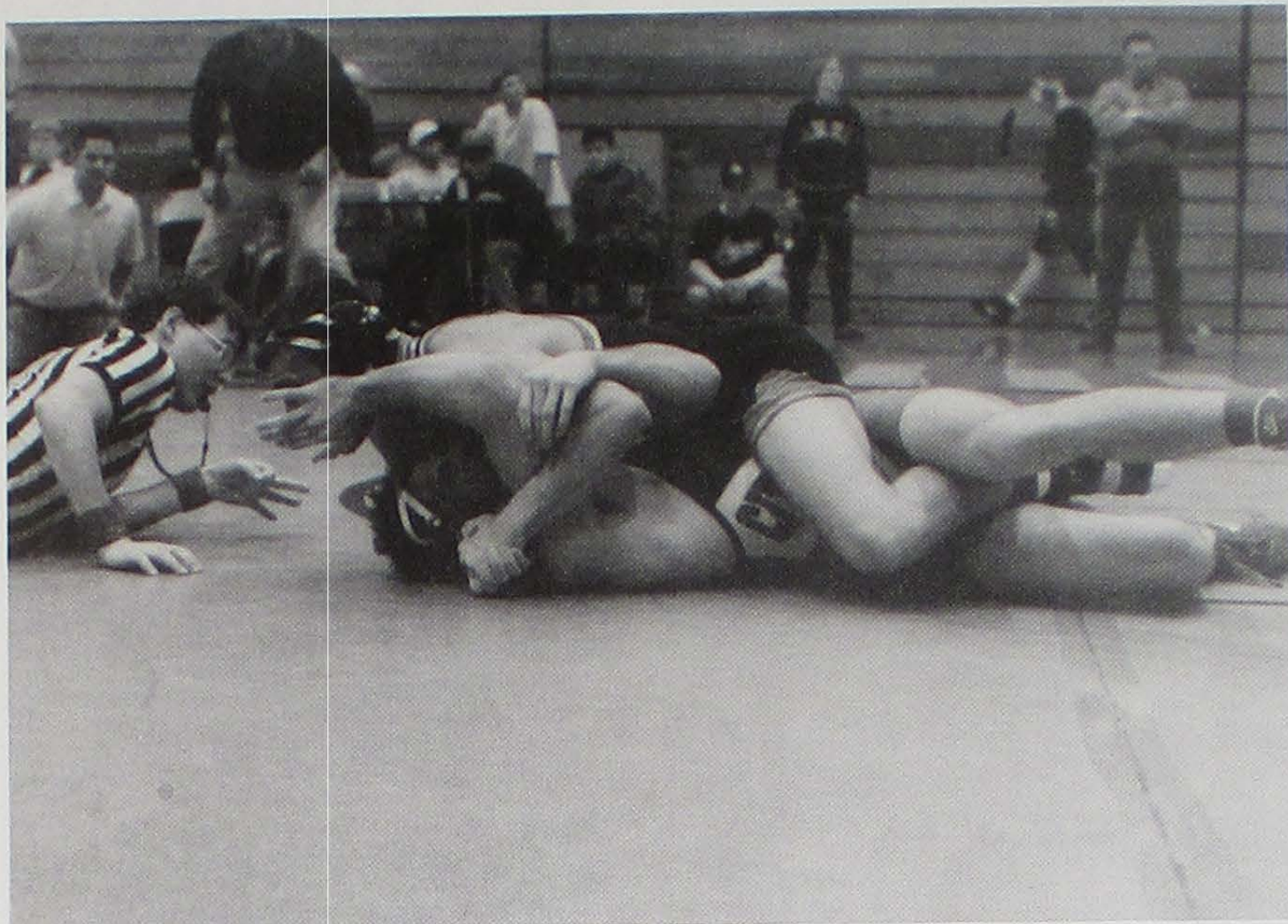
The team boasted a dual meet winning streak of 24.



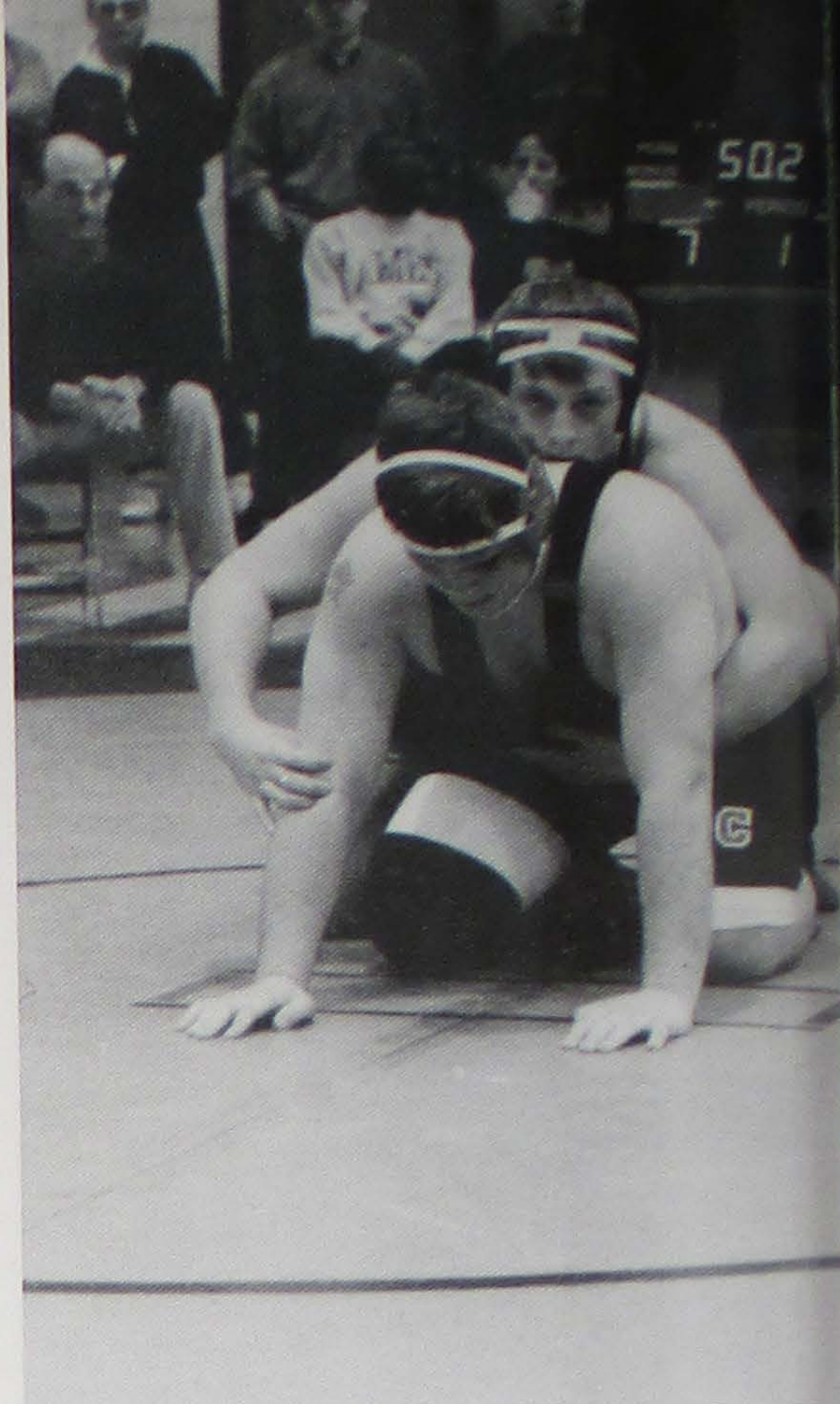
Reaching up and clasping hands was one ritual the swim team often observed. It was a symbol of their togetherness as a team, and the power they held over their opponents. (Photo by Pam Hove)

At a dual meet against WDM Valley, sophomore Jeff Fisher dives into the water to swim the first leg of his relay. The Little Cyclones won the meet. (Photo by Beth Myers)

In the Ames Invite Jan. 29, senior Tory Reimann gets a two-point takedown against Iowa City High's Justen Tucker. Reimann placed fourth overall, and the Little Cyclones finished sixth. (Photo by Alicia Ackerman)



Halfway through the first period in his heavy-weight match against a Mason City opponent, senior Dan Kamm readies himself for the referee's whistle. Kamm won the match at home. (Photo by Alicia Ackerman)



WHEN IT COMES DOWN TO IT

The varstity wrestling squad placed fourth at the district meet.

Seniors Chad Fowles, Lon Freeman, Dan Kamm, Jeremy Mize, and sophomore Dan Pollard qualified for the state wrestling tournament. Mize placed second, losing in sudden death overtime to Tony Weiland of Cedar Falls High School.

Grimacing, sophomore Nick Proppes fights off the pin hold of a Boone opponent. Successful wrestlers needed to master defensive, as well as offensive, moves on the mat. (Photo by Alicia Ackerman)



Riders on the Storm

Wrestling is a sport of takedowns, escapes and, ideally, pins. The wrestling team rode out an unpredictable combination of these during its 1994 season. And on top of that, the season was plagued by many injuries, often at inopportune times.

"I dislocated my shoulder two-thirds way through the season in a tournament. I recovered, but then reinjured it. It was disappointing not to get to wrestle at Districts," sophomore Boone Grant said.

Some wrestlers felt that despite their share of such lows, though, the season ended on a high note.

"Overall, I think everyone had their peaks and valleys. And almost everyone peaked at the right time and earned a chance they worked hard for. Sending five of nine seniors to the state wrestling tournament was a real accomplishment," senior Chad Fowles said.

Seniors Jeremy Mize, Chad Fowles, Lon Freeman, Dan Kamm and sophomore Dan Pollard all qualified for the state tournament in February. Mize lost to Tony Weiland of Cedar Falls in overtime in the 189-pound championship match, earning second place in that weight class. Despite their efforts, the others were eliminated in the first two

**Wrestlers
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personal
satisfaction
and success**

rounds of competition.

Nine seniors helped pave the way to State through their leadership of a squad with a large group of underclassmen.

"The seniors were good leaders. They led the rest of the team and helped us with our wrestling. They were there to support and motivate us when we needed it," junior Devon Kepley said.

Leadership wasn't the wrestlers' sole inspiration though. Disappointments were a strong incentive for them to learn from their mistakes and to continue to improve throughout the season.

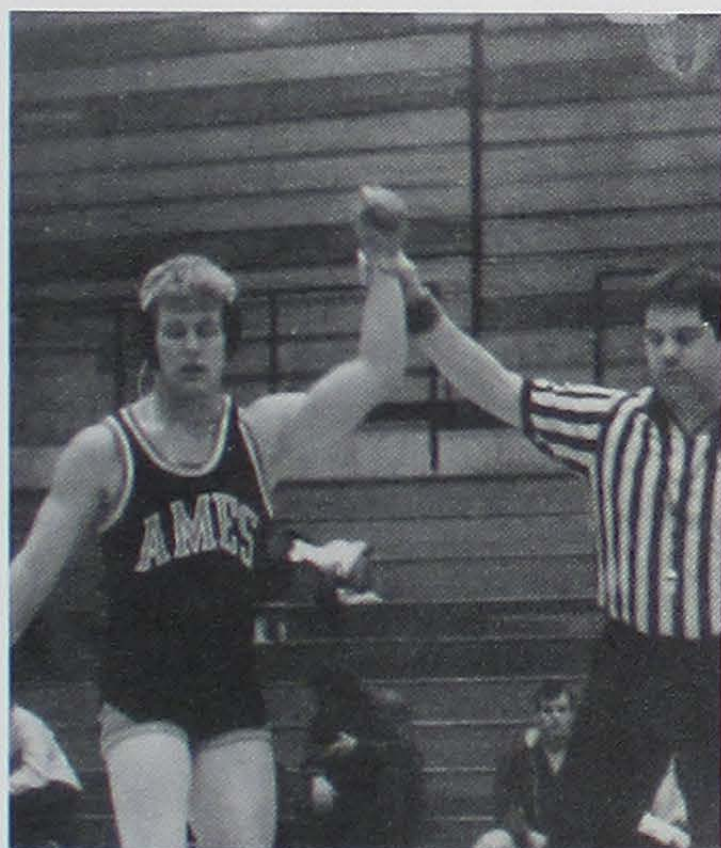
"The low point of my season was losing in the finals at the Fort Dodge tournament. But I wouldn't change it because I learned that I can't take winning for granted. I have to work hard to succeed," senior Jeremy Mize said.

The wrestlers found that there were many benefits from participating in the sport.

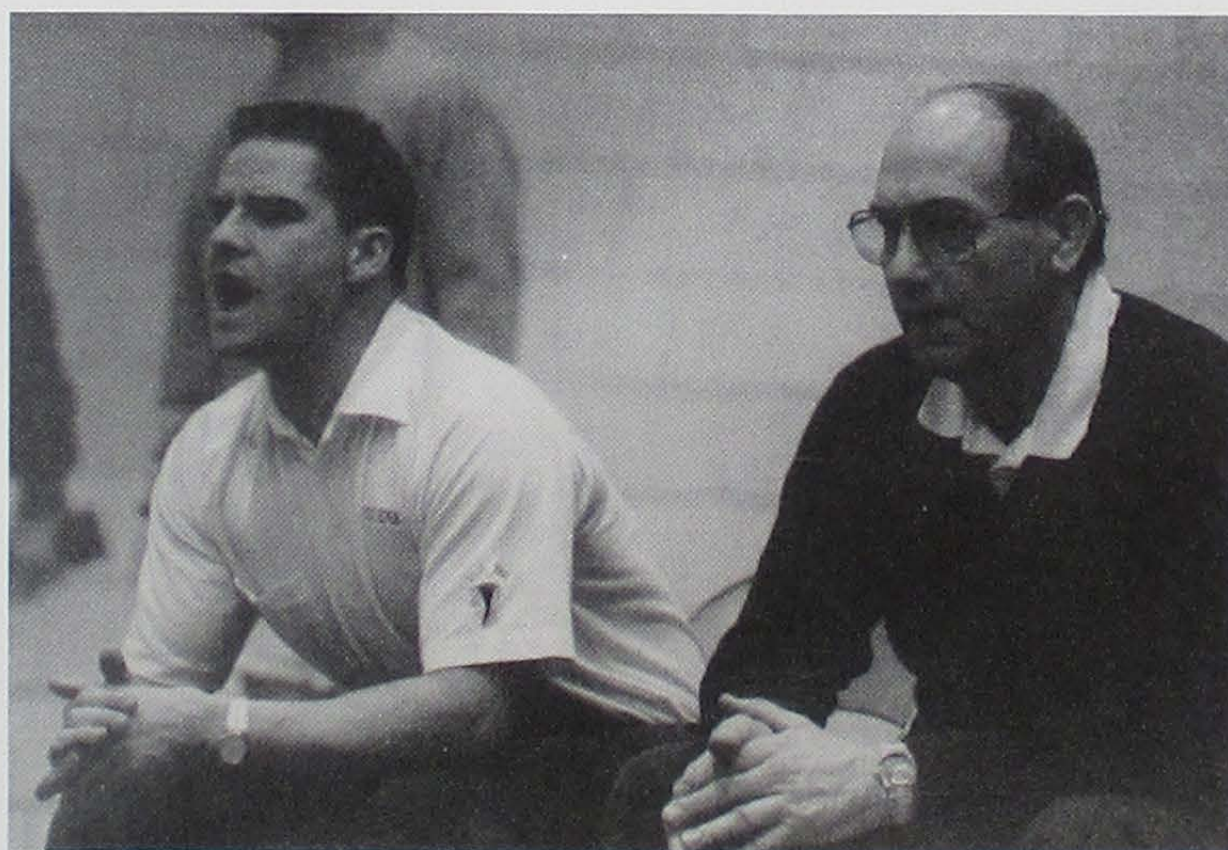
"It was good just to get in the wrestling room to work out. It was hard, but I gained strength and self-esteem," said freshman Brian Good.

In the true spirit of the sport, the Little Cyclone wrestlers put their best effort into achieving their goals and growing from their experiences on the mat.

By Shannon Kenealy



Senior Chad Fowles raises his arm in victory after defeating a Boone opponent. Fowles went on to qualify for the state tournament in the 145-pound weight class, but lost in the first round. (Photo by Alicia Ackerman)



With 33 years of coaching experience in Ames, Jack Mendenhall, along with assistant John Pelzer, watches the action on the mat. Mendenhall announced his retirement at the end of the year. (Photo by Alicia Ackerman)

During a crucial part of the game, seniors Buffy Quintero and Megan Knutsen stand up and cheer their teammates on the court. (Photo by Robyn Berning)



With 2:44 left in the game and a 10-point deficit, the Little Cyclones get advice from an assistant coach during a time out. (Photo by Robyn Berning)



WHEN IT COMES DOWN TO IT

Senior Kris Fretz set the school record for blocked shots with 85.

Senior Dawn Petersen set the conference record for 3-point shooting, sinking five in one game.

The Little Cyclones defeated ninth-ranked Marshalltown to win the District title.

In a tough home loss to WDM Dowling, junior Sherry Schwarzenbach catches a pass as seniors Susie McGee and Dawn Petersen run downcourt to back her up. (Photo by Robyn Berning)





White Hot

When a team is 2-18 going into the district championship game, it doesn't always mean there's no hope. Occasionally teams make history by escaping a certain loss and pulling off a stunning victory.

The girls' basketball team went into Districts with such a record. But the Little Cyclones managed to pull off a 55-51 victory against Marshalltown to win the district title.

"Our second-to-last game was Districts. We were 2-18 going in so everyone but the team thought it would be the end of our season," senior Megan Knutsen said. "We didn't want it to end so we pulled together and beat the ninth-ranked team by four or five points, which was really exciting."

The win wasn't a shock to the team, but it took several hours for a few members to realize what they'd accomplished.

"Well before the game, we all had a feeling that we'd win, even when everyone else said we wouldn't. So right after the game I was really excited, but it wasn't a shock that we won. It took a few hours for it to sink in," said junior Jenny Johnson.

Despite rocky season, varsity basketball team triumphant at districts

By Aubrey Robbins

The win was probably more shocking to Marshalltown. They'd had a good season and weren't worried about playing Ames, but the Little Cyclones had other plans.

"Winning districts was really exciting. After the game I realized that all the hard work we had put into the season had paid off. It would have been easy to give up when we were down at half, but the team was so close that we didn't want the season to end," said sophomore Jill Muller.

After their success in district competition, the Little Cyclones advanced to regionals, facing Newton in what turned out to be their last game.

"Newton was a very good team. We gave them a tough game and played hard," junior Jackie Olberding said. "We were disappointed about losing the game, but you can't go back. At least we gave them a good game."

The Little Cyclones' positive attitudes helped them come up with the strength they needed during some crucial moments. The team proved that when the competition got tough, they could be white hot.



Having control of the ball is good, unless you're surrounded by opponents. Senior Kris Fretz looks down the court for an open teammate to pass to. (Photo by Robyn Berning)



Trying to block out a shot, senior Susie McGee tries to snag a rebound. The Little Cyclones' efforts failed to be enough in the home loss against WDM Valley. (Photo by Robyn Berning)

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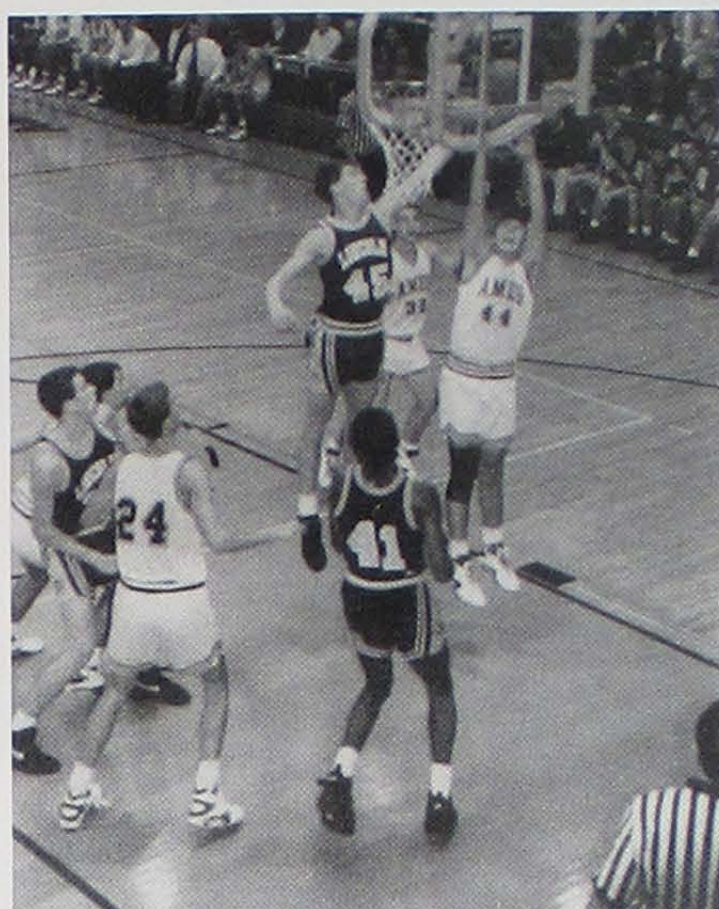
The varsity team pulled off a big upset against Valley, the previous year's state champions. In addition, the Little Cyclones also had wins against Ankeny and Urbandale, who were ranked.

The freshman team finished its season with a record of 22-8.

The sophomores won three of their last four games.

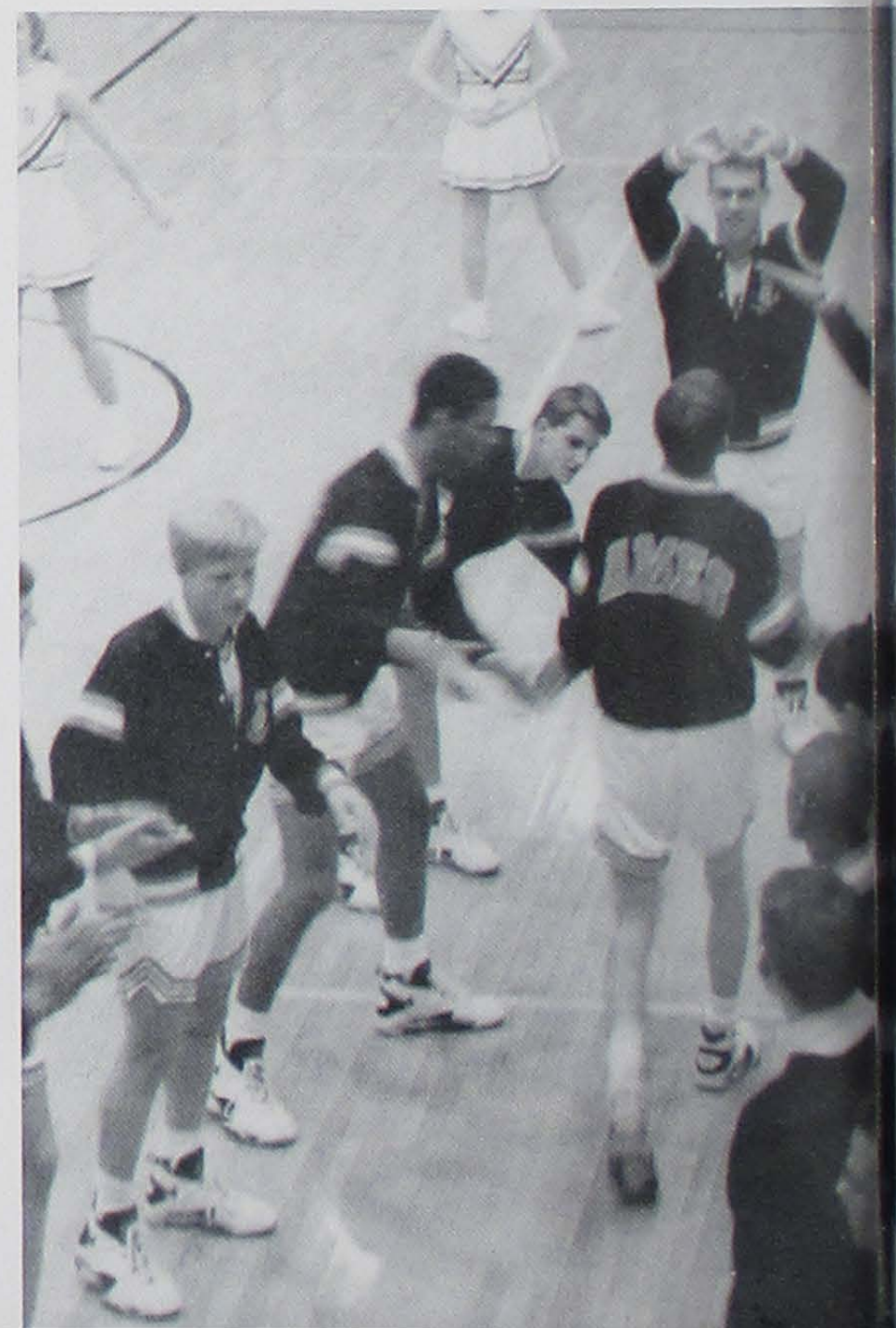
Thunderous applause erupts among the team after a Little Cyclone player made a free throw. Many players felt that support from the bench was a key to victory. (Photo by Spirit Staff)

In mid-air, senior Matt Farrier tries to block his opponent's shot. The Little Cyclones lost the game against DM Lincoln. (Photo by Spirit Staff)



In the beginning of the game against Newton, senior Tommy Koch tries to break a 3-3 tie with his free throw. This was Koch's first year on the team, because he was a transfer student from Waterloo West. (Photo by Spirit Staff)

Player form a tunnel for starters to run through as their names are announced over the loud speaker. The team found that this was a good way to get the adrenaline flowing. (Photo by Mindy Cooper)



Growing Together

The varsity boys' basketball team: it consisted of a group of guys who started playing basketball together five or six years ago in junior high, and grew together from that point on. As they became juniors and seniors, they not only became a team of basketball players, but a team of close friends as well.

"We were all friends, and while we maybe didn't all go out together on Friday night, we talked with each other all the time," junior David Sosnouski said. "In previous years, there have always been guys on my team that didn't talk to each other—guys I didn't talk to—but this year, there wasn't a single guy on the team that wasn't friends with everyone else. It's made for a really fun time and it will be very memorable."

As Sosnouski stated, the team didn't always go out together—but prior to each home game, the team went out to eat, and sometimes after games, they would congregate at a player's house. And during winter break, the varsity squad traveled to Minneapolis, where they visited the Mall of America, attended a game featuring the Minnesota Timberwolves and the Houston Rockets, and held a practice in Chaska, the former school of Principal Chuck Achter.

Although the players were from two

**Varsity
basketball
team's
highlights
weren't
limited
to the court**

By Susan Hsu

different grades, there was no clear distinction. While the seniors did receive more playing time, both were pretty much seen as equals during practice.

"The team was pretty balanced," senior John Milleman said. "You might think that the seniors would dominate practice, but actually, the juniors and seniors were pretty much even, and the juniors worked us seniors well in practice every day."

This doesn't mean the team was without leadership. As the team struggled with its record (5-13) during the regular season, direction was needed after losses, and a few of the seniors took it upon themselves to pull the team together.

"A few times during the season, we had team meetings. One of the seniors would take the team aside and get the team pumped up again," junior Gil Clark said. "There was very good senior leadership—the seniors would get us refocused again."

For the basketball team, the season was a culmination of many years of hard work and growth. As senior Steve Bern summarized, "It's really been great. We're a close bunch of kids—the seniors have been together since seventh grade. We've had a great time."

Warming up before a home game, varsity players take turns shooting free throws. This activity not only helped them improve their shot, but also helped team members focus on the game. (Photo by Mindy Cooper)



With her eyes fixed on the ball, junior Julie Swanson follows through on her swing. Swanson and junior Katie Rhodes were the only returning letterwinners on the team. (Photo courtesy of *The Daily Tribune*)



WHEN IT COMES DOWN TO IT

Junior Julie Swanson earned or tied for medalist honors in seven meets and placed 13th at the state meet.

•
The team won the Little Cyclone Classic and placed third in the CIML meet.

Following her ball, freshman Heather Herold tees off during a home meet against WDM Valley. The varsity team won, but the JV squad lost to the Tigers. (Photo by Mindy Cooper)



Hunting Birdies

Eyes on the ball, head and shoulders down, feet aligned, firm grip. Full back swing, contact and follow through.

Golfing took a lot of concentration, and members of the girls' golf team found they had more to focus on than just hitting the ball.

The team lost its number one golfer to graduation and only two letterwinners returned to the squad. That meant lots of younger players to fill out the roster. Eight freshmen were relied on to help bring the team together.

"We were a little worried starting out, but after the first couple games, we knew we would have no problem. With so many younger people, we still played a great season. They were all a big help to us," junior Katie Rhodes said.

The freshman enjoyed the chance to help out, and benefitted personally both on and off the course.

"I feel like I really improved my game by being on the golf team. At first I wasn't sure if I wanted to play, but I'm really glad I did," freshman Kristi Powell said. "I met a lot of great people, and as a freshman, it's very beneficial to meet new people. They made me feel really good, and they believed that everyone's contribution to the team was important."

With only two returning letter-winners, golf team relies on young players

"Golf was a lot of fun even though it was a lot of work and practicing. I know I play golf a lot better now than I did at first, and that is one of the most rewarding feelings," freshman Natalie Dieter said. "I really met a lot of nice people. The purpose was to become part of a team, and to have fun together, while still improving your golf game. We really made all of that work and it was a fun season."

Improvement happened for many of the golfers, but perhaps not with the rewards they had hoped for. Although the team won six meets, the golfers did not qualify for state as a team, a seven-year trend they had hoped to continue. The golfers certainly didn't let that ruin the season though.

"I really enjoyed golf this year because there were so many new people on the team. I really got to know them all and we had a lot of fun doing social stuff together after practices and meets. It was always fun to just pick up and go out for a pizza after a long practice," senior Emily Barta said.

The Little Cyclones found that winning wasn't always the most rewarding part of being on a team. Improving and camaraderie could be just as satisfying.



During a practice round, senior Libby VanHouten putts out. Van Houten was one of three seniors on the 15-member team. (Photo by Scott Litchfield)



Taking care to line up her shot, junior Jamie Berg practices before attempting to sink a putt as her opponent looks on. (Photo by Mindy Cooper)

Right on Track

"Give it all you've got." Commonly heard on the path between the girls' locker room and track practice by the football field, this phrase described the Little Cyclones in victory after victory during the season, including a second-place finish at the state meet.

"Without the coaches pushing us to always go the extra mile, I don't think we would have done as well as we did," junior Misi Emiola said. "They helped us to believe in ourselves and that was an attitude shared by the whole team. Before your race, you would always hear someone say, 'You can do it!'"

Being top contenders didn't come easily; sacrifices were sometimes necessary.

"Track took a lot away from homework—we had to work extra hard in our classes," said junior Niki Fisher. "But the experience in learning to do what's best for the team, not yourself, makes you more well-rounded as a person."

Besides being more well-rounded, being part of a winning track program had other personal payoffs as well.

"The most rewarding part of being in track was making friendships, and getting closer to all the girls—we really got close as a team," said sophomore Jen-

**Dedication,
support and
sacrifice
helped
runners
place 2nd
at State**

By Emily Bourne

Transferring the baton is one of the most important parts of a relay race. Carefully, Erin Johnson reaches out to hand the baton to sophomore Jenny Greenfield during the 4X200 at the State track meet. (Photo courtesy of Charli Engelhorn)



nifer Hallihan. "It was a close feeling just being part of the team. One time, the coaches even took us all out for ice cream after a meet."

Even though the girls worked together as a team, each individual's performance was important on the track.

"Achieving your own goals, improving yourself and your own times were important," said freshman Jennifer Sargent. "But no one ever made you feel you were bad, you were just part of a team."

With over 90 members on the squad, many runners just focused on self improvement. They didn't get a chance to be in the spotlight, but that didn't matter.

"You learn that you can be there for everyone else through it all, even if you're not number one. Track is always a good experience," said senior Becca Stott.

"Life is short, play hard." "Pain is temporary, pride is forever." These are just a few of the many motivational phrases that exemplified the attitudes and energy of the girls' track team. Friendships, encouragement, support, and strength guided these athletes to a successful season that was a just representation of all the work they put into it.



Leading her race, senior Hope Amos runs towards the home stretch and a victory for her relay. Being a versatile runner, Amos often found herself running different relays. (Photo courtesy of Charli Engelhorn)

Sprinting through the finish line, sophomores Shannon Goldman, Lindsay Sargent and Beth Orning do their daily track workout. Running with friends helped take their minds off the strenuous training. (Phot by Cori Kindred)



WHEN IT COMES DOWN TO IT

In addition to placing second at State, the team won the conference and district meets.

The freshman and sophomore squads ended the year undefeated.

For the third consecutive year, the 4 x 100 relay won at the Drake Relays.

The shuttle hurdle team won State the third year in a row, also setting a new school record.



Lunging towards the sand pit, senior Sara Brunscheon hurls herself through the air to get as much distance as she can before landing. Brunscheon went on to place fourth at the girls' State track meet. (Photo courtesy of Charli Engelhorn)

Going over the high jump bar at State, senior Amy Henderson clears the bar. Although she didn't place in the high jump, she won the 400 m hurdles, ran on the winning shuttle hurdle team, and placed second in the 100 m hurdles. (Photo by Charli Engelhorn)

So close, yet so far

It's too bad close only counts in horseshoes and hand grenades.

The AHS boys' track team came within an eyelash of winning the state title before succumbing to Iowa City High and finishing second, 57-52.

"We didn't quite live up to the Ames High tradition of championships," junior Mark Sedgwick said. "But we only came up about 10 meters short."

In the final event, the 4 X 400, Ames had the lead going into the anchor leg, but City High's Tim Dwight came from third to win his 12th state title, passing Ames anchor sophomore Dustin Avey.

"We had a good season, I was on varsity this year, and (coach John) Sletten pushed us harder than normal because we had a chance to win State. I really like the coaches, and practices were tough but fun," junior Jason Miller said. "I didn't get to run in the state meet, but I went to watch. It all came down to the last race and we didn't pull it off. But I'm happy with second because they really worked hard for it, and we were up against Iowa City High

Varsity track team edged out at State by Iowa City High

By Brian Muchinsky

and Tim Dwight."

Despite the close loss, runners realize that they had a very successful season, including State.

"I think the state meet was great," senior Dave Cantonwine said. "Sure, we all wanted to take first, but we performed well. Scoring 52 points is something we have no right to be ashamed of."

And even without the title, the underclassmen gained much from this season.

"Junior varsity and varsity would often win meets at the same time and it was pretty exciting for us," sophomore Fola Fadeyi said. "When I first started running, I was running sprints. The coaches moved me up and I didn't really want to, but the work paid off because I got better."

"The team really improved all season long," said freshman Brian Good. "If we keep improving, who knows how good we can be."

But if they don't keep improving, they can always try horseshoes.

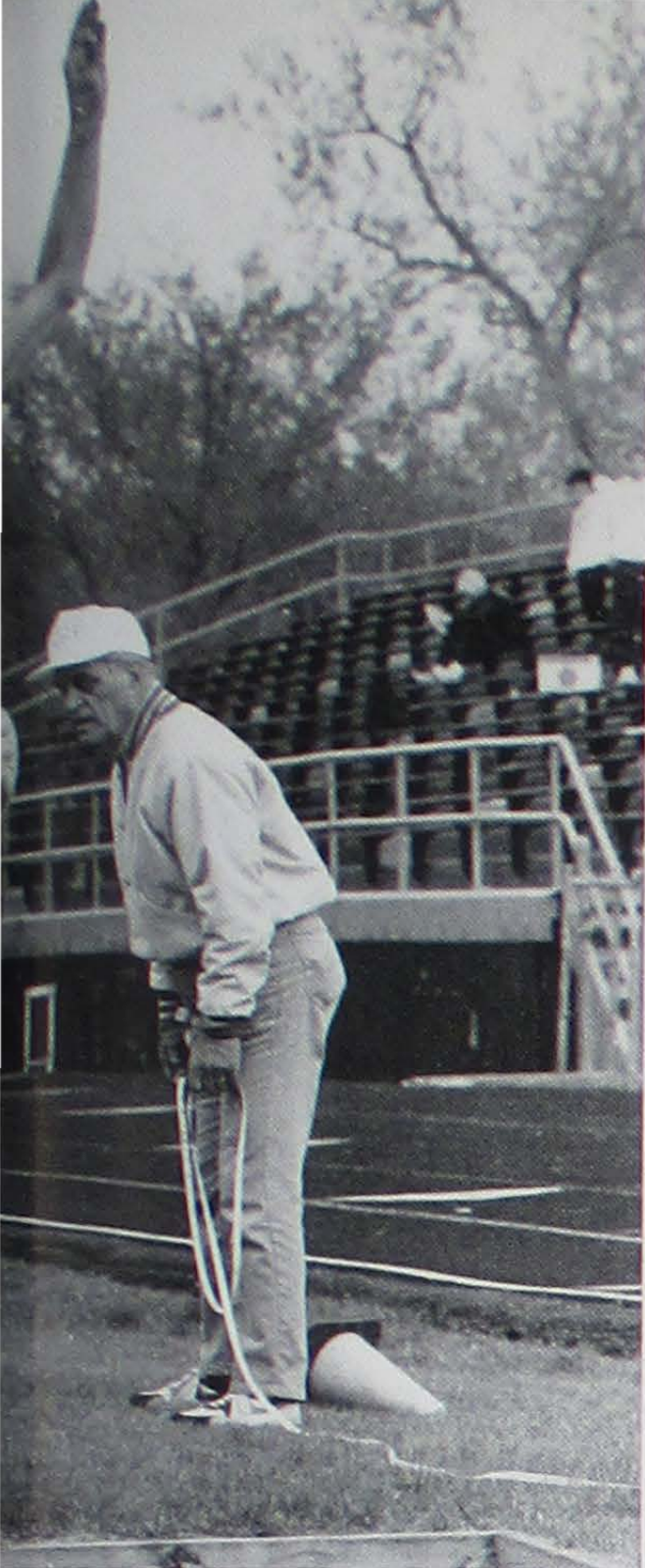


During practice, sophomore Dustin Avey practices hurdles. Though hurdle practice was sometimes tedious and repetitive, the experience paid off on meet days. (Photo by Cori Kindred)



With shirts off, juniors Eric Greving and Bruno Gilchrist follow junior Jason Miller during a workout. Heat was often a problem during workouts and runners did what they could to keep cool. (Photo by Cori Kindred)





Soaring through the air with arms outstretched, junior Mert Sermet looks toward the sand pit and tries to gain as much distance as he can. Sermet helped the team win the Ames Invitational that day. (Photo courtesy of The Daily Tribune)



With a solid grip on the baton, senior David Cantonwine takes it away from senior John Milleman. Cantonwine anchored the 4X800 meter relay, and Milleman ran the third leg at the Hi Covey Relays. (Photo courtesy of The Daily Tribune)



WHEN IT COMES DOWN TO IT

The varsity track team was first in all of its scored meets except the state meet.

•
The team regained the conference title.

•
Though it came in second at state, the team gave a spectacular performance which earned them 52 points.

Celebrating at the finish line, senior Chris Wycoff crosses the finish line at the Drake Relays. Wycoff won the 110 meter high hurdles for the second straight year. (Photo courtesy of The Daily Tribune)

WHEN IT COMES DOWN TO IT

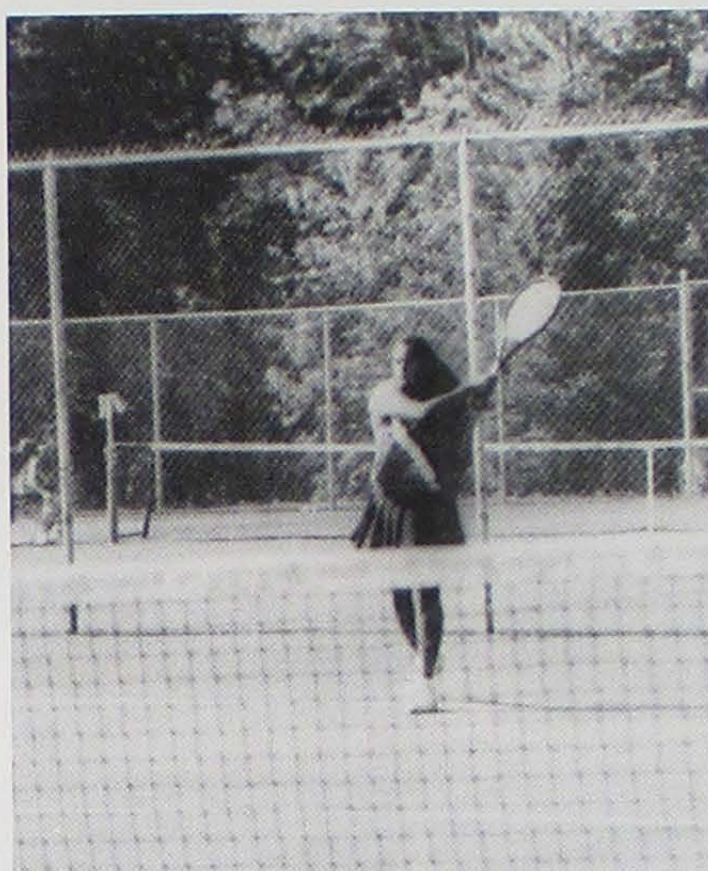
Seniors Molly LaGrange and Tracy Larson placed eighth in the state tournament in Waterloo as a doubles team.

The girls suffered only one dual meet loss, and it was to WDM Valley. The eventual state champions beat the Little Cyclones 7-4.

The varsity girls shut out four teams and the JV team shut out five.

With victory in mind, junior Jenny Olson dives for a save during a match. Strong techniques and skill helped the team earn victories over tough rivals. (Photo courtesy of The Daily Tribune)

Proving that practice makes perfect, freshman Meghann Hunt follows through after a return volley during practice. Hunt, like many of her teammates, ended the season undefeated. (Photo by Pam Hove)



With force, senior Tracy Larson returns the ball to her opponent. Larson, along with doubles teammate senior Molly LaGrange, finished her high school tennis career at the state competition June 3-4. (Photo courtesy of The Daily Tribune)

At a home meet at Brookside Park, senior Molly LaGrange stretches to hit a powerful serve during a home meet at Brookside Park. It was important to have a good first serve in order to start things on the right foot. (Photo by Pam Hove)



Up and Down

It was a season of mostly ups but some downs and it belonged to the girls' tennis team. Recovering from the rain and match cancellations of the previous season, the '94 season began on a high note and, for the most part, stayed that way.

"On this year's team, many of the girls were strong players, so a lot of people got the opportunity to play," junior Jenny Olson said.

Two of those strong players were seniors Tracy Larson and Molly LaGrange.

"Tracy and I played doubles at the state tournament in Waterloo," senior Molly LaGrange said. "We played really well together and I enjoyed finishing up my high school tennis career on a high note. We placed eighth out of 16 and I was very proud of our standings."

The team as a whole had a right to be proud too, losing only one dual meet. But even though triumphs and victories prevailed in the season, unfortunately, accidents and injuries occurred as well.

"We were in practice one day and Jenny (Olson) got hit in the eye with a tennis ball. When she went to the optometrist, she found out that she had a detached retina," junior Sarah Freed

**Tennis
season was
a roller-
coaster
ride but
the girls
finished
on top**

By Tanisha Cosby

said. "She was out of school for five days and was really missed by the team. The whole accident was unfortunate, as well as bad timing, because it was the week prior to districts and I was already out with a back injury. We were losing players, however Jenny recovered and was able to play."

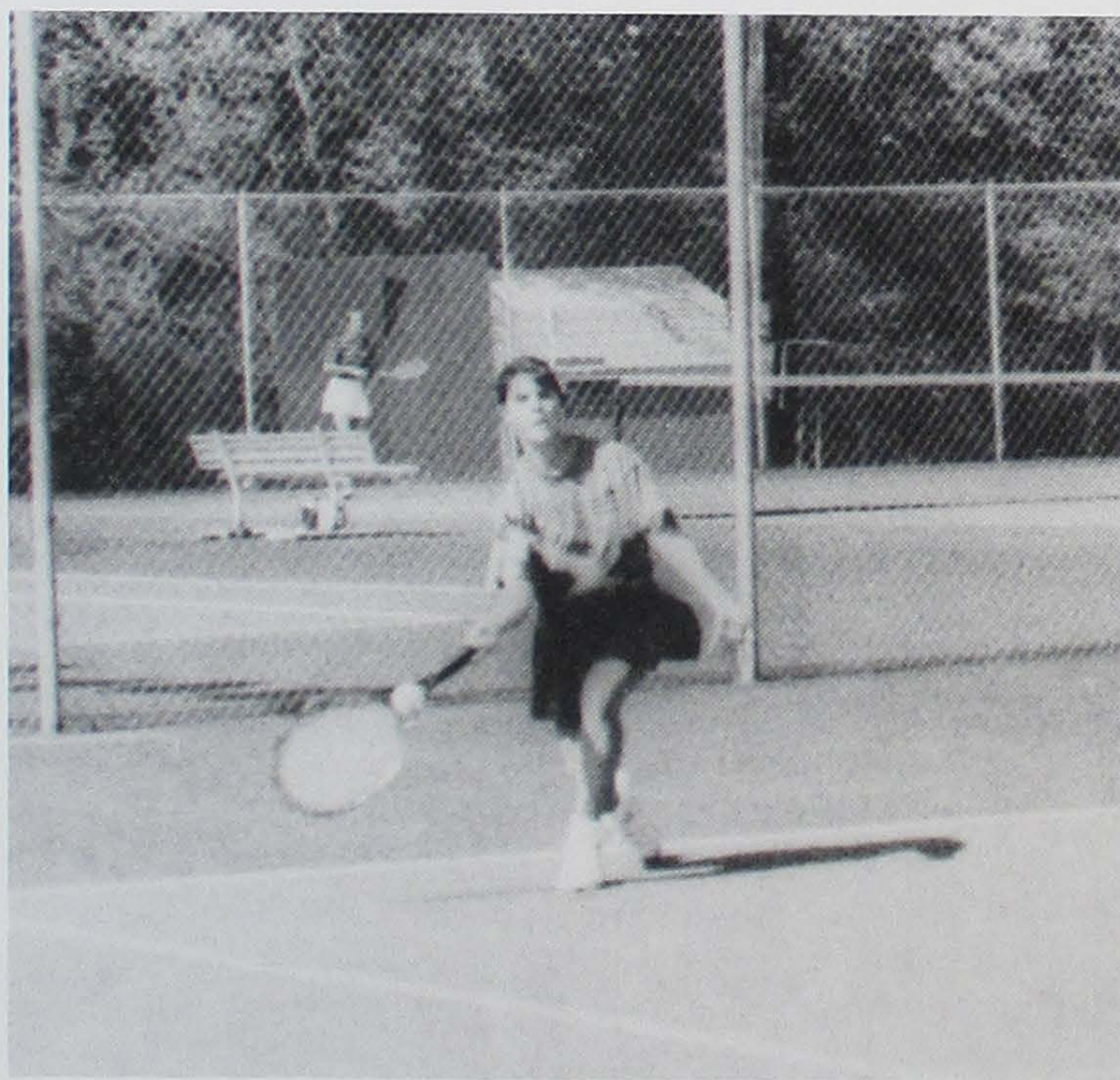
For those who stayed healthy and didn't go to state, they found highlights on their own.

"This was the first year that I was able to play on the varsity team," sophomore Gretchen Guffy said. "Last year I was on JV, which was fun, however being on varsity was more challenging. Being a member of the varsity team required me to play not only for myself but for the advancement of the team."

The most important thing to the team was to do their best, having fun in the process, and have something to reminisce upon in the years to come.

"I think the best thing of the entire season was when we all learned to support and be there for each other," freshman Dana Doran said. "Supporting each other helped us gain confidence when playing against competitors and helped us have a positive outlook for meets."

Making contact with the ball, sophomore Gretchen Guffy returns a shot to her opponent in a dual meet at Boone April 11. The Little Cyclones won the meet 10-1. (Photo by Pam Hove)



During practice, freshman Aaron Sundstrom stands poised and ready as his doubles partner returns the ball. Partners had to not only improve their own games, but also learn to work with their partner. (Photo by Robyn Berning)



Engaging in casual conversation before practice, freshman Michael Chang and sophomore Mark Bailey discuss their upcoming meet. Both players were members of the varsity team. (Photo by Robyn Berning)



WHEN IT COMES DOWN TO IT

Five of the varsity players were underclassmen.

Ames High won the first three meets against DM East, Indianola, and the Marshalltown Bobcat doubles tournament.

Ready to return anything his opponent might have in store for him, junior Bill Dunlay prepares for combat on the court. (Photo by Robyn Berning)



Trials and Triumphs

One meet is won, then another, and another. You'd think they were pros, but that is hardly the case. The varsity boys' tennis team consisted of only three seniors, and two juniors. It included five underclassmen—three of them freshmen.

"We had a lot of younger players. The leadership changed. The largest percent of varsity points was from the younger kids. Michael Chang, a freshman, stepped up to the number one spot. Out of 10, there were only three seniors on the varsity team," senior Steve Bailey said. "We were an inexperienced team, but we didn't play like it at all."

Realizing that success wouldn't come easily, tennis players started early and seized each opportunity to practice. The weather, however, would not cooperate.

"We started in late March, but the weather was bad for the first couple weeks so we only go to play a few challenge matches. We mostly had to practice on our own," Chang said. "We won our first couple of singles matches, then we won a doubles tournament and we started to build confi-

New and old alike fill leadership roles on varsity tennis squad

By Jenni Collins

dence."

The squad used solid improvement and hard work to turn some heads around the league.

"We surprised some people," said senior John Sherman. "We just kept plugging away, and got some wins over teams that didn't expect much of a fight from us."

At the beginning, some underclassmen, not knowing what to expect, were a bit nervous. This did not show for long, though, as Ames won its first three meets.

"I was really nervous in the first meet, but then I really grew to like meets because everyone there practically is from Ames, and everyone cheers for you. The practices are boring, but I love the meets," Chang said.

Despite the lack of experience that a more mature team would have brought to the court, players felt that they had a season to be proud of.

"We were competitive in nearly every meet," junior Bill Dunlay said. "With the exception of Valley, we weren't blown out once. We were proud of our capacity to stay with the competition."



Using both hands to grip his racket, junior Dan Vogel returns a serve against his Mason City opponent. Ames won the meet at home as well as four other dual meets. (Photo courtesy of The Daily Tribune)



Demonstrating his knowledge of the sport, head coach Bob Gibbons illustrates a point for team members in practice. The tennis team practiced daily at Brookside Park. (Photo by Robyn Berning)

World Cup Wannabes?

It was a coach's worst nightmare.

It was the first day of girls' soccer practice, and less than half of the team had played high school soccer in the past—many had never played soccer before at all.

"Over half of the team was new this year, and it took awhile for us to start to play together as a team. But we practiced a lot and slowly got better," senior Laura Hefley said. "After awhile we started to win more games, because we stopped working as individuals and started to work together as one unit."

Though there may have been problems at the beginning, it didn't take long for the players to become a family.

"I loved soccer and meeting all the new people. I've played for four years, but this was the first year I got to play with most of them. We all quickly became friends though, because we had spaghetti dinners before games, and we would go shopping together at malls during tournaments," freshman Steph Donnell said. "We all worked well together, and Earl, our coach, tried to unite us into one family. Everything worked out pretty good."

Rushing to the aid of her teammate, junior Angie Madison attempts to block their opponents while junior Buffy Quintero tries to advance the position of the ball down the field. (Photo by Alicia Ackerman)

Soccer players become friends through shopping, spaghetti & sleep overs

By Jenni Collins

Part of working together meant that everyone played an equal role. Each player was expected to pull her own weight.

"I think we have more fun with it (soccer) because it's less political than other sports at Ames High. It is more fair because everyone gets a chance to play," junior Nichol Fraser said.

When the work was done, the fun began for the newly formed group of friends.

"I think playing soccer seems really laid back compared to other sports," junior Kristina Sassmann said. "We go to other people's houses and eat together before games to get pumped, and we had an overnight before State. It really helps us get together as a team."

The closeness of the team was largely due to the goals of the head coach.

"We did better than most people give us credit for, although I think it is more important that the girls are having fun than that they are winning all of their games," Ogawa said.

Through long practices and plenty of shopping trips, the soccer team learned to work together both on and off the field.





Helping a team member relax before a game, head coach Earl Ogawa massages junior Jenny Johnson's shoulders while she ties her cleats. (Photo by Alicia Ackerman)

Dribbling the ball down the field, sophomore Kate Dobberke attempts to score or pass before she is blocked. (Photo by Alicia Ackerman)



Jumping for the ball, junior Darla Bovee keeps the other team from scoring. Though many team members were new to the sport, Bovee had been the goal keeper for the team for three years. (Photo by Alicia Ackerman)

WHEN IT COMES DOWN TO IT

Although no official records were kept, the team ended the season winning more games than they had lost.

The girls' soccer team was invited to compete in the state tournament.

Out of 25 players, 13 were newcomers to competitive soccer.

Stretching out before the game, senior Laura Hefley prepares for competition. Hefley was one of 13 players who joined the team for the first time. (Photo by Alicia Ackerman)

Fresh Ideas

Whoever said soccer isn't as popular in the U.S. as it is in other countries hasn't been to Ames lately.

"We have a new coach named Steve Olson. He's about the same as the old one, but he has a lot more of enthusiasm. Also, he gives everyone a chance to play and puts in subs more often," senior John Kannel said. "Also, an interesting side note—he makes us sing the fight song every now and then to pump up our enthusiasm."

Olson ensured that the team not only was able to play soccer together well, but also that they felt bonded to the team and its other members.

"Our new coach is a great game coach. He knows the game and he works us hard in practice, which I like. It's how we win," sophomore Cory Seaton said. "He also makes sure that we get along. The day before games, we go to Happy Joe's for pizza. When we get away from practice and games, we get to know each other better and it transfers to unity on the field."

Despite many opportunities to get together outside of practice, extra prac-

New coaching led soccer players to victory after victory

By Jenni Collins

tice was stressed constantly so that the team could improve quickly.

"There is a stronger focus on unity, and we really focus on basic skills and individual development. I really think that we have developed faster, and the cohesion of the team is really strong," senior Dan Redmond said. "Steve Olson, our new coach, really has a desire to see the team succeed. He really puts his heart into it."

Though making a transition from a soccer club coach to a high school varsity team is a big one, most players agreed that it was a successful one.

"It's difficult to come in for the first year but he's done real well. He's worked with some of us before with the Ames Soccer Club so he knows some of us," said sophomore Gabe Padilla. "He's also done a good job adjusting, club soccer is different than high school soccer. He's done an excellent job keeping us happy."

While the World Cup captured attention in the United States for the first time, AHS soccer players continued to turn heads and draw large crowds to the Ames Middle School soccer field.



Looking for a teammate, sophomore Gabe Padilla is ready to pass the ball after saving it from going in the goal box. (Photo by Pam Hove)



A mass of players converges on the ball, as both teams fight for control. The team found that teamwork was necessary to win their games. (Photo by Pam Hove)



Kicking the ball down the field, senior Aaron Peck looks for a teammate to pass to. Senior Erich Menzel looks back to keep an eye on the ball in case Peck passes it to him. (Photo by Pam Hove)



Facing off with a WDM Valley opponent, sophomore Gabe Padilla attempts to get the ball away. Having good defense was important for winning their games. (Photo by Pam Hove)



WHEN IT COMES DOWN TO IT

After expecting to lose, the varsity soccer team beat Urbandale 7-1.

•

Head Coach Steve Olson was new to the team.

After getting the ball away from his WDM Valley opponent, senior Dan Redmond is about to take off down the field. Ames lost the competition 3-1. (Photo by Pam Hove)

WHEN IT COMES DOWN TO IT

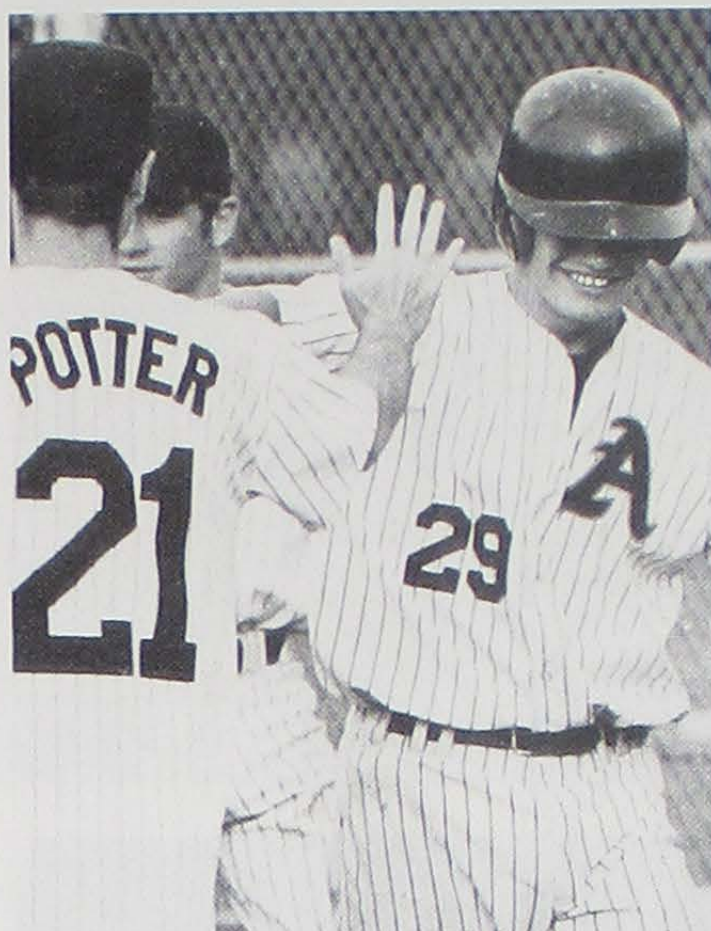
The varsity softball team defeated every team in the conference at least one time during the season.

The softball team won the Roland-Story Tournament for the first time ever. The closest other AHS teams have come is fourth.

The baseball team started out slowly, but by mid-season, won both games in most double headers.

Encouraging their teammate at bat, players stand at the fence and chant. Junior Charli Engelhorn prepares to bat next. (Photo by Jenni Collins)

Giving high fives after two home runs, senior Andrew Potter and junior Kurt Harryman celebrate. Harryman and Potter were leading batters for the Little Cyclones. (Photo courtesy of The Daily Tribune)



Huddling together, varsity softball players get psyched up for the game. The team got into a huddle at the beginning of every inning. (Photo by Jenni Collins)

Trying to get an out at home, senior Chad Fowles catches the ball. Fowles was the starting catcher all year. (Photo courtesy of The Daily Tribune)



Home Runs

Practice makes perfect.

Though this cliché is commonplace, it held true for both the baseball and softball teams.

"In the beginning, we started off slowly. But soon, each team member began to accept his role. We switched positions all around at the beginning, but by mid-season we finally got locked into the right spots," senior Chad Fowles said. "We are finally starting to win our games. Last night we beat Cedar Rapids Jefferson in both games, and they are ranked fifth in the state. We've started to open some eyes, because we are getting good. We still have to work hard, but also we can relax and have some fun."

Players started the year with losses, but enjoyed an eight-game winning streak towards the end of the season.

"We didn't really have our heads together, but we woke up mid-season and now we are playing the ball we can. We have so much diversity on the team that there isn't that much pressure on one person. If one guy gets down, there are backups that are just as good," junior

**After rough
starts,
softball
and
baseball
teams
enjoy
terrific
seasons**

By Jenni Collins

Kurt Harryman said.

The softball team prospered with a new head coach, new assistant coaches, and a new attitude.

"Our new coach, Gary Gorman, really made a big difference. He has been involved in softball both as a player and a coach for a long time. He really knows the game, and he is a great coach," sophomore Laura Biechler said. "Also, he is a pitcher. That helps me because he knows situations that I get into, or could get into, and he can help me avoid or get out of them."

Besides the one-on-one coaching style Gorman has brought to the team, the team also benefited from their numerous wins.

"I think we surprised a lot of people with our season. At the Roland Story Tournament, we won, and we had never finished higher than fourth before," senior Laura Kain said. "I think it says a lot both for our team, and our coaching staff that we were able to be so successful in our conference with a new coaching staff."

Trying to tag out his Cedar Rapids Jefferson opponent during the third inning, junior Devon Kepley catches the ball. Kepley played first base for the Little Cyclones. (Photo courtesy of The Daily Tribune)



Waiting with anticipation for their game against Marshalltown to begin, Special Olympics basketball team members get ready for competition. The team won the game. (Photo by Alicia Ackerman)

After throwing the basketball, junior Nels Chapman is in mid-air. Marshalltown players and the referee, senior Micah Abel, watch intently to see if the ball goes in the basket. (Photo by Alicia Ackerman)



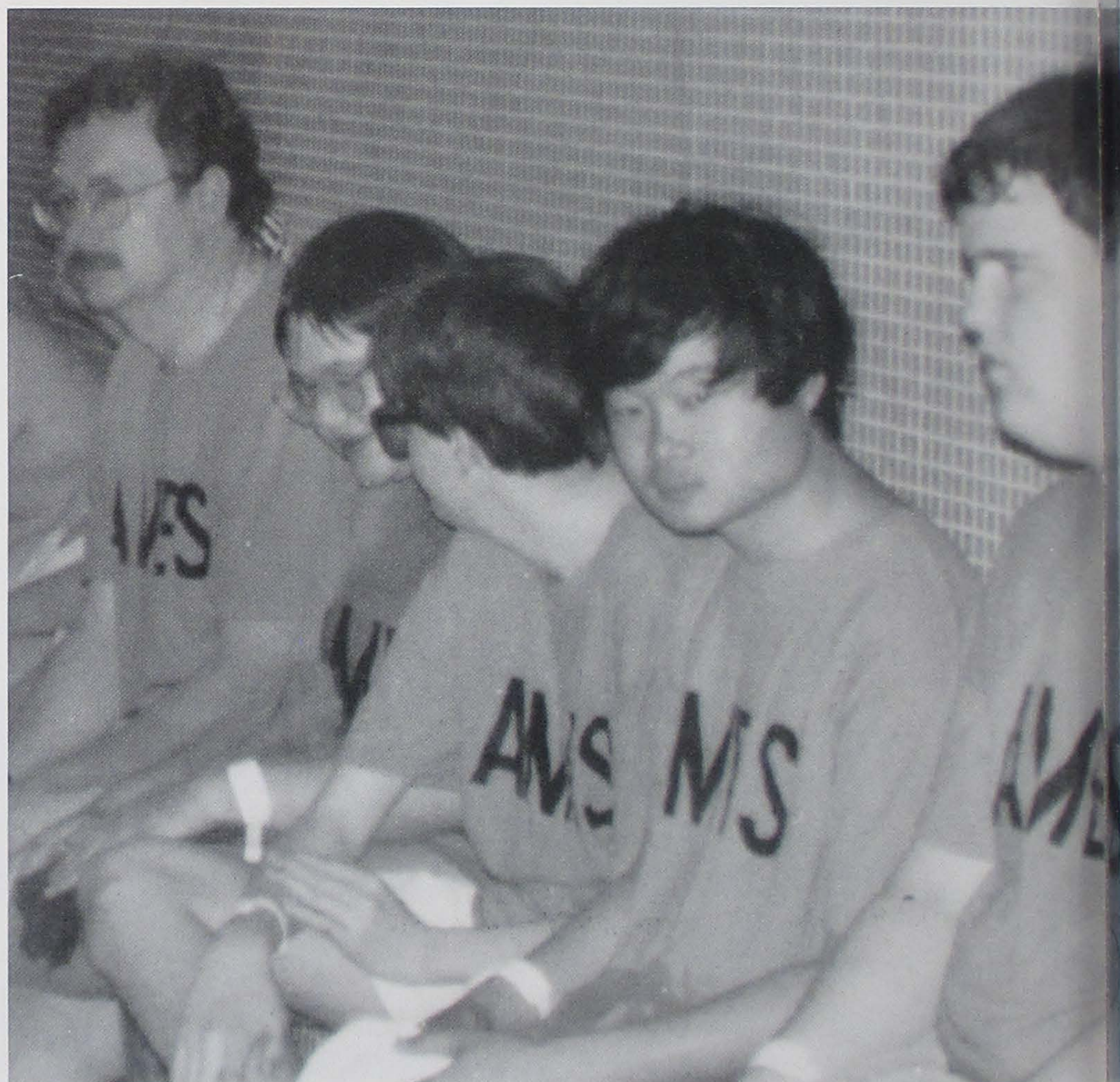
WHEN IT COMES DOWN TO IT

The boys' 100 meter free relay dropped six seconds to come in second.

The varsity volleyball team won the Division II state championship.

AHS athletes spent time with students from other schools at Olympic village.

Preparing to recite the Special Olympics Oath at the beginning of the competition, AHS swimmers and coach Reggie Greenlaw proudly sport their "AMES" T-shirts. (Photo by Jenni Collins)



Just Rewards

"Let me win. If I cannot win, let me be brave in the attempt."

—Special Olympics Oath

"At the opening ceremonies, we say the oath. It's about trying hard and being a good sport even if you don't win," Susie Lustgraaf said. "If we don't win, it's OK because we tried hard. We did our best, and we had fun, but it's more fun to win."

The opening ceremonies gave the athletes a chance to relax before the competition started. Entertainment was provided by many, including Iowa State basketball player Julius Michalik, Iowa State president Martin Jischke, and several other local heroes.

"There were Special Olympics cowboy hats and they were giving away free shoes. I got to parade in with Mainstream Living. They had a little bit of everything. They had cowboys and skydivers," Nels Chapman said.

Athletes got to enjoy the ceremony only after many long hours of practice.

"Practice, practice, practice. We could never do enough to be ready for the Special Olympics. We always had to practice some more," Mark Range said.

Through practice and determination, Special Olympians met and surpassed their goals

Many athletes agreed that there was a lot of practice involved, but most enjoyed the time spent preparing almost as much as the actual competition.

"We practice track Tuesday and Thursday. It's a lot of fun because we try to run fast, but sometimes we get really sweaty," Mindy Bassett said.

Though there were many practices, it was worked into the school day so the students wouldn't have to stay after school.

"We practice and train a lot. Wednesday, Thursday, and Friday we have swim practice. And volleyball is on gym days—basketball too during that time of year," Chapman said. "We also just kind of work on stuff and have a lot of fun. The practice is necessary so that we improve."

The practice paid off when the athletes achieved their goals.

"I tried the hardest in track, and went to the state meet. I ended up getting fourth place overall," Lustgraaf said.

The athletes succeeded not only on the track or in the pool, but also by displaying the qualities strived for in the Special Olympics oath.



Receiving encouragement from the nearby volunteers, Matt Smothers sprints to the finish line in the 50 meter dash. Smothers placed sixth overall. (Photo by Kari Wille)



Watching Nels Chapman's basket go through the hoop, AHS athletes celebrate the two points. (Photo by Alicia Ackerman)

As fate would have it...

...On November 16, voters approved a \$10.7 million bond referendum for the school system after voting a \$22 million issue down the previous fall.

...Students joined former NFL football star Tim Sickel with flood relief. Volunteers spent Saturdays in Des Moines painting and rebuilding.

...Student Council raised money to provide Christmas presents for five needy families.

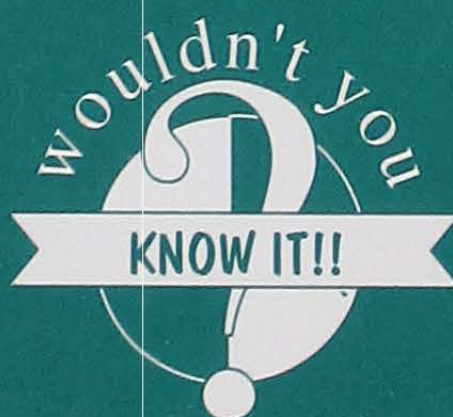
...100th Green Butterfly raised \$500 for the Iowa Conservation Corp. After meeting their goal of \$500, Principal Charles Achter was put in jail for a lunch period.

...Sports teams thrived with the support of both business contributions and parental donations to the Little Cyclone Booster Club.

Through the generous support of the community, we were able to finance many of our ventures. And at the same time demonstrated that charity and support wasn't just a one-way street. During the year, we got...

aTaste of good Fortune

By Jenni Collins

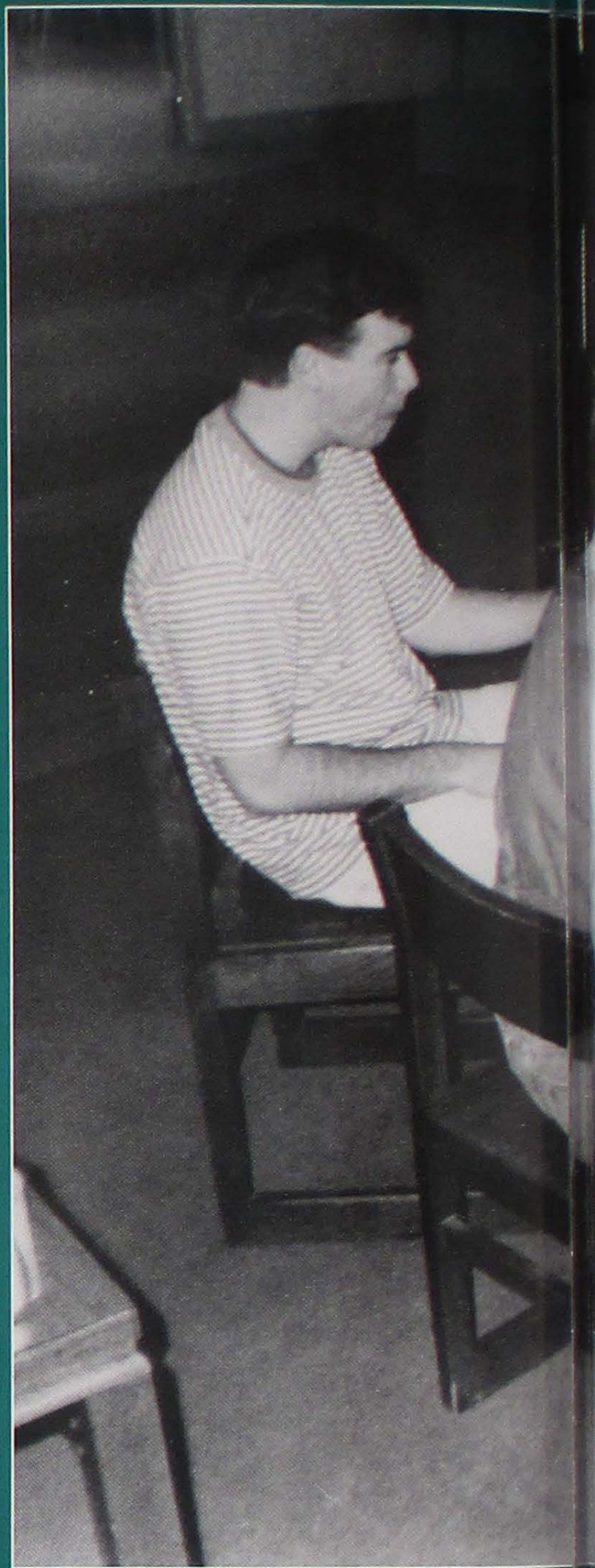


In the United States, kids between the age of 6 and 16 spend \$64 billion each year.

As of January 1, 1994, minimum wage was \$4.65.

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During the Great Flood of '93, 8 million acres of land were flooded in nine states. Fifty people died, and 700,000 were left homeless.

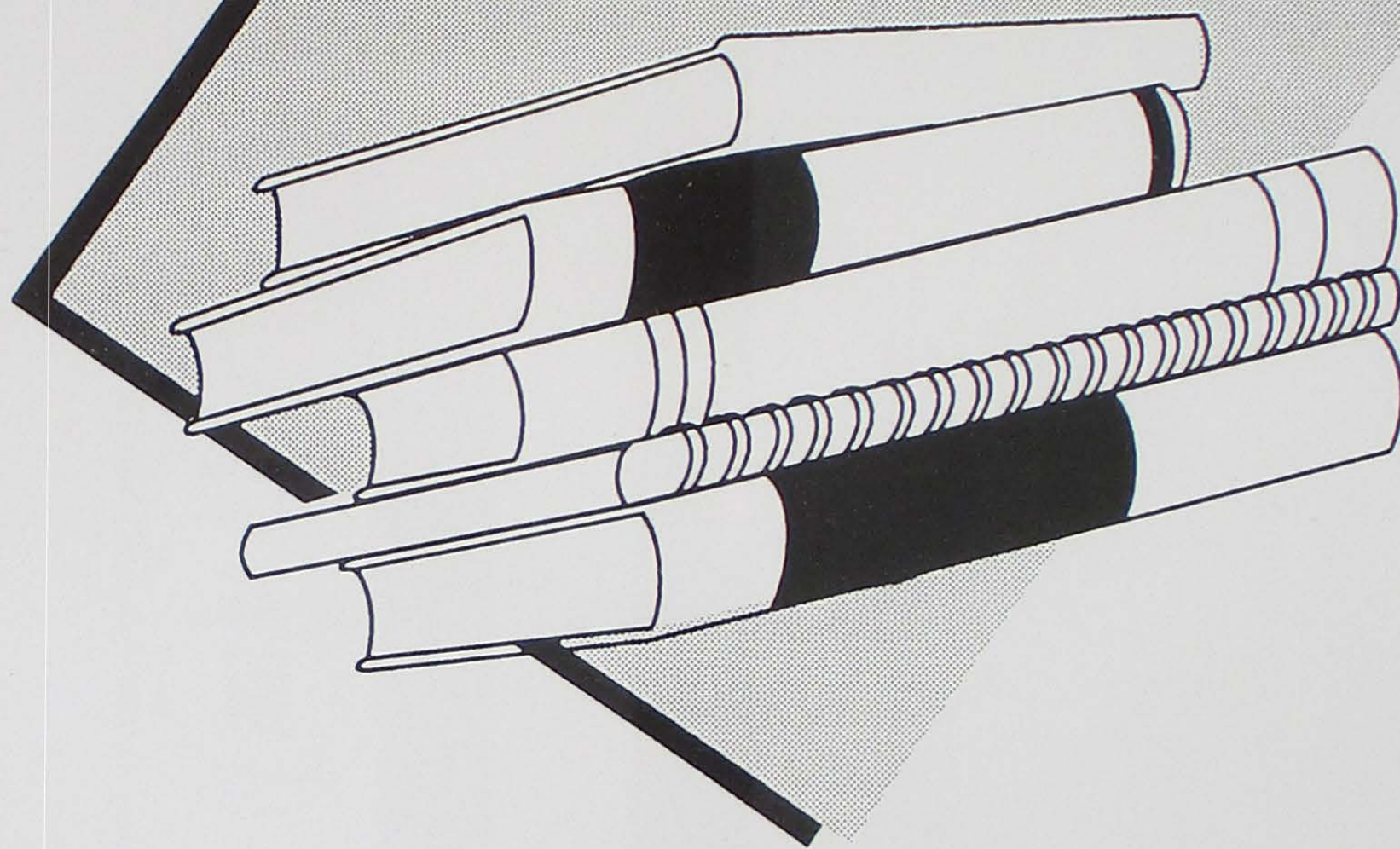




Going through advertising contracts, sophomore Leah Mills groups them in the order that they will be placed on spreads. Mills was the *Spirit* ad design editor. (Photo by Kendi Neff-Parvin)

Taking time out from their *Web* deadline, editors have pizza. Staff members often brought food to break the monotony of the long hours of deadline week. (Photo by Kendi Neff-Parvin)

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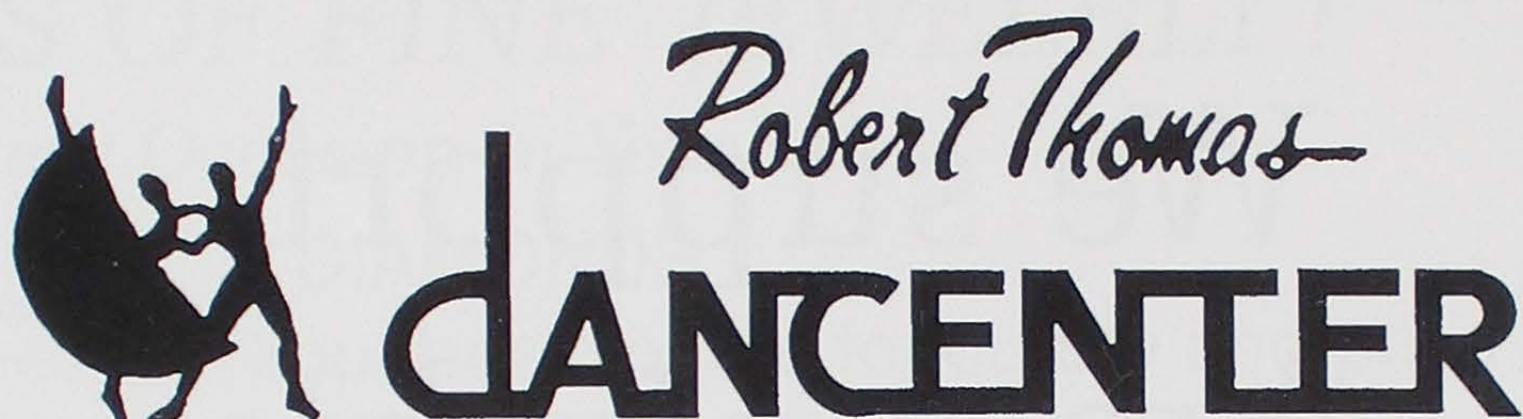
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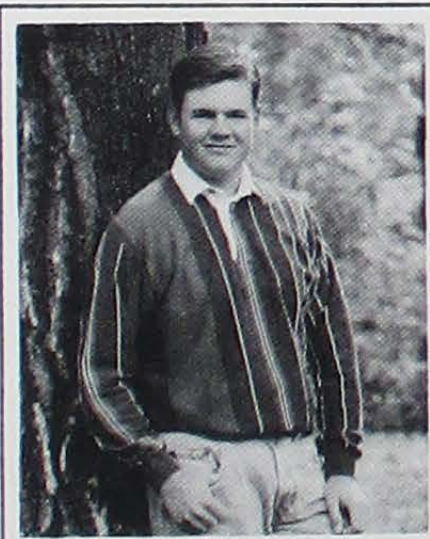
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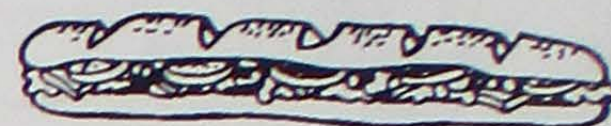
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Taking a break from a nerve-wracking deadline, juniors Tanisha Cosby and Aubrey Robbins enjoy sandwiches at Downtown Deli.

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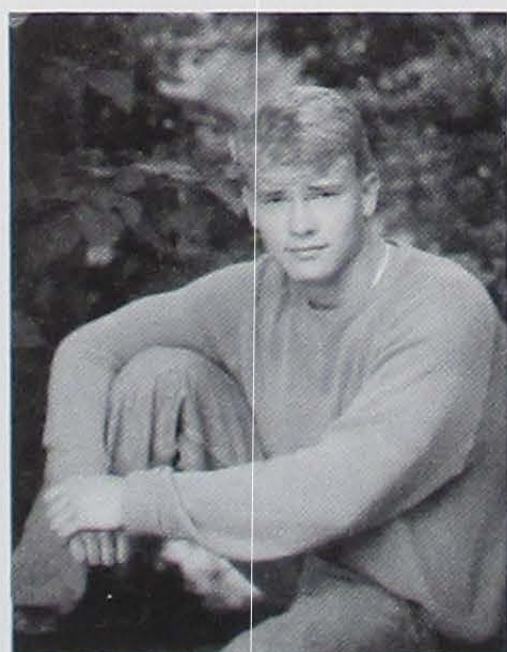
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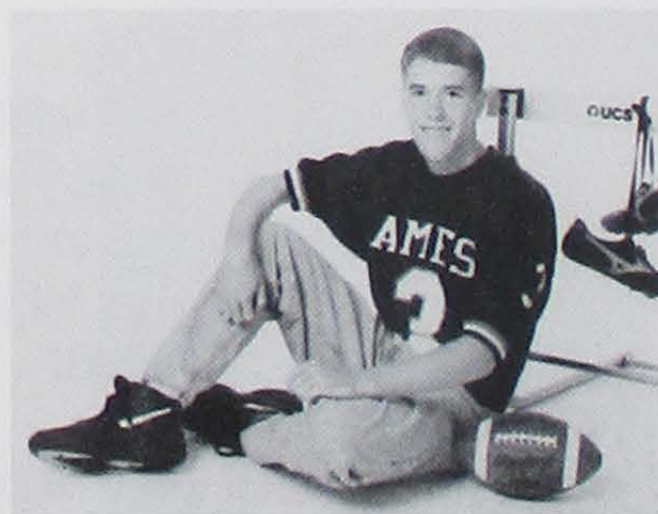


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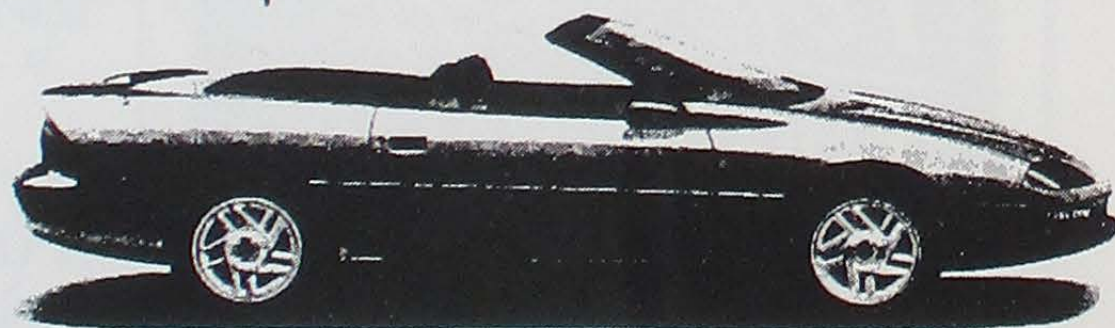
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Love,
Dad, Mom and Michael



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Ducky and Ernie and all of the crew send their regards and best wishes to you.
Love and good luck on your path, from your proud family



Shonda Gibb

Two sparkling brown eyes
That mischievous grin
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All our love.
Mom, Steph & Greg

Beth Holger

Beth—We love you! We're proud of you! Our best wishes are with you for the future!
Mom, Dad and Katherine



Vieshaly Seecharran

Keep up the good work, Shaly. We are proud of you and wish you a great successful future!
Love, Mom, Dad, Devika, Marc, Nina & Skika



Rachel White

Congratulations, Rachel. May your future be filled with happiness.
We love you!
Mom, Dad & Ernie



Tom Kepley

Good Luck Tom! We know the future will bring you success in whatever you do.
Love Dad, Mom, Deanna, Dawn & Chammie



Amy Bergan

Amy—We are all so proud of you. We love you and we wish for you only the best!
Mom, Dad, Jody, Dan & Mike



Stephenie Mario
Coro

Wishing you happiness & success on your graduation and always! We're very proud of you!
Love, Your Family

Josh Huntington

Our joyful baby boy has graduated! We love you and are very proud of you. Wishing you success/fun at Macalester (kilts and bagpipes too!!). Mom, Dad, Wyn & Misty



Susan McGee

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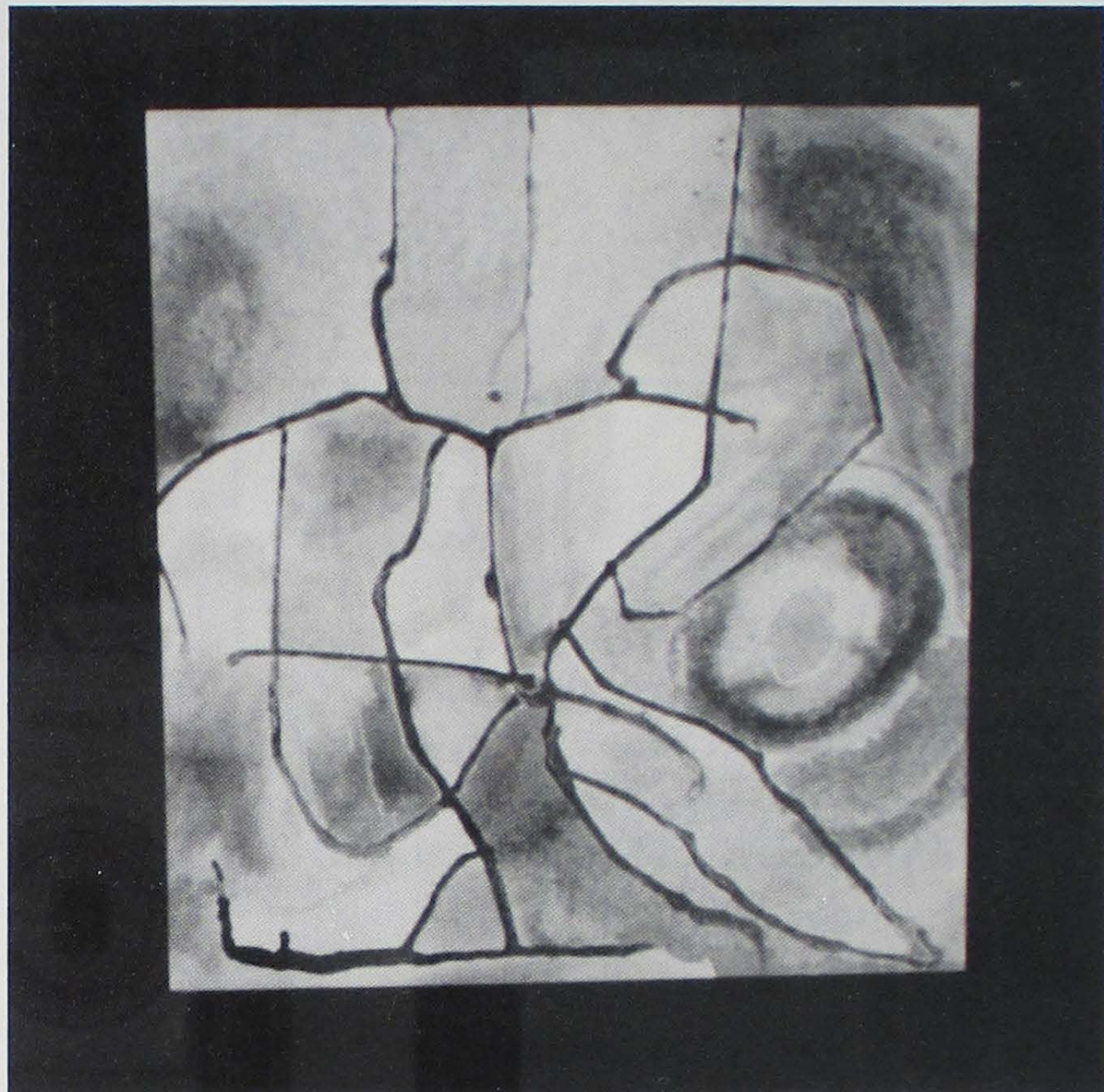
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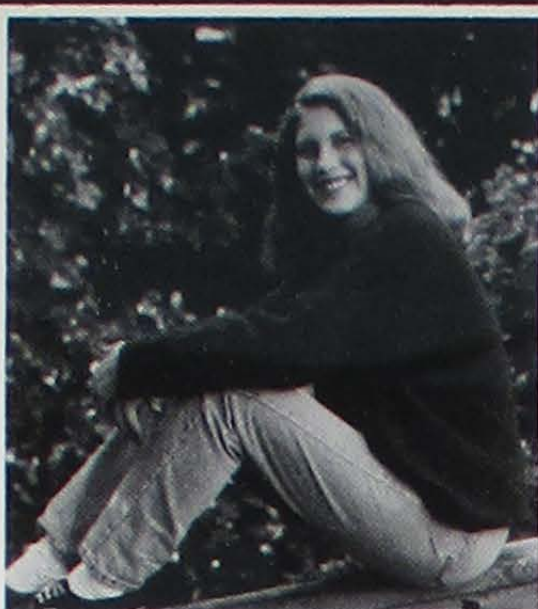
Amy Elizabeth Poague

"Now, Voyager,
sail thou forth,
to seek and find."

Love always
Mom, Dad & Melissa

Cassie Dunham

We love you
Cassie, and are so
proud of you. May
your future be filled
with happiness.
Much love from
Mom, Dad & Ethan



Jessica Allen

Keep laughing, keep caring, keep
working and the world will be yours.
Love Mom and Dad



Chad Alan Fowles

Life is like a sport.
Take each challenge
as it comes; work
hard and persever-
ance and victory will
be yours.
Love Dad, Mom &
Bart

David Smith

Congratulations
David! We're proud
of you. Thanks for all
the great memories.
Keep smiling and best
of luck.
Love you lots. Mom,
Dad, Ron & Kris



Elizabeth Van Houten

"Early to bed, early to rise..."



The future is yours. Our love and
best wishes go with you, Libby.
-Mom, Dad, and Lance

Chris Wycoff

May your future be
happy and filled
with success.
Thanks for all the
happy memories.
Love, Mom, Dad &
Stephanie



Jennifer Fliehler

Congratulations!
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wonderful future!

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Jennifer Scott

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lives. Keep following
your dreams at KCAI-
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Andy, Christy & Matt

Aaron Sheeler

The Kriz-Davis
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lates Aaron - Nice
Job! We wish him
success at ISU next
year.



Kari Ellingson

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your outstanding
achievements.
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sights and reaching
for the sky. We are
proud of you! Love,
Mom, Dad and Mark



Josh Nemitz

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you and wish you
much happiness and
success in the future.
Love, Mom, Noel,
Justin, Tia



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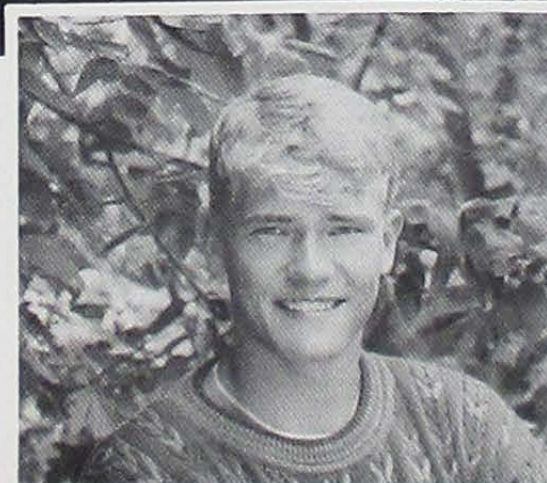


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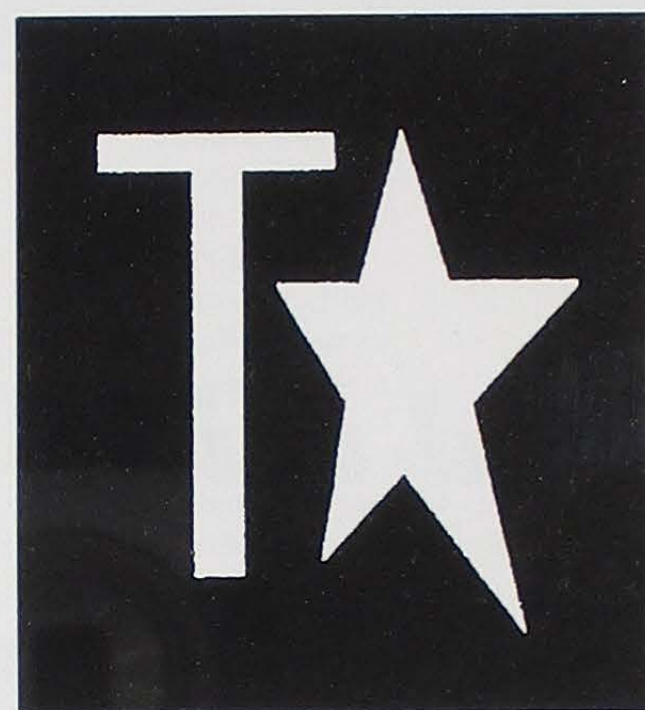


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High school memories are made of this...

Little Cyclones playoff-bound in season of survival

Ames rebounds from hurts, humiliation to postseason

By PETER GRATHOFF
Assistant Sports Editor

It's time for a little math.

What does four different starting quarterbacks, three running backs with season-ending injuries, a tight end with a broken arm, two different home football fields and a playoff berth equal?

One amazing season.

The season of injuries and other hardships that plagued the Ames High football team this season weren't enough to stop the Little Cyclones from earning a playoff berth, said Ames Coach Kari Dadd.

Coach Kari Dadd said he couldn't be happier. "I think what I'm really proud of is that we held it together through all of the frustrations that this year has brought."

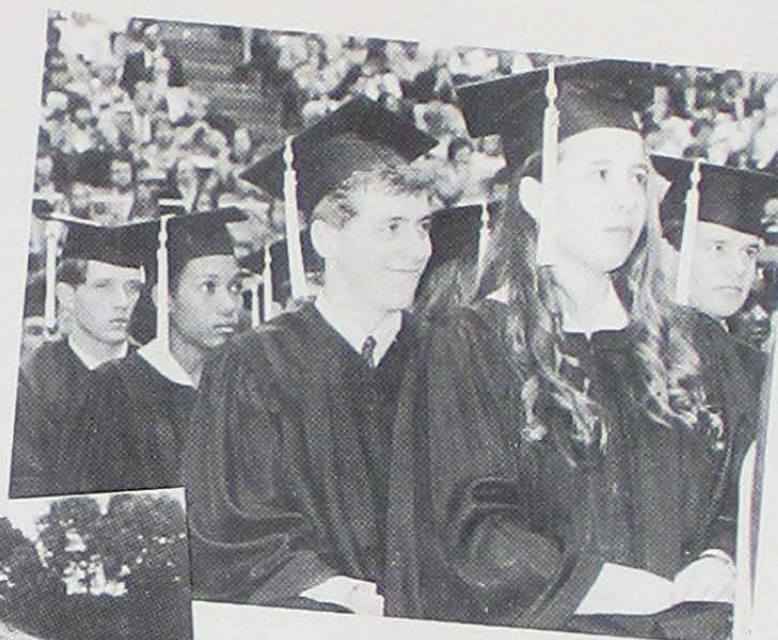
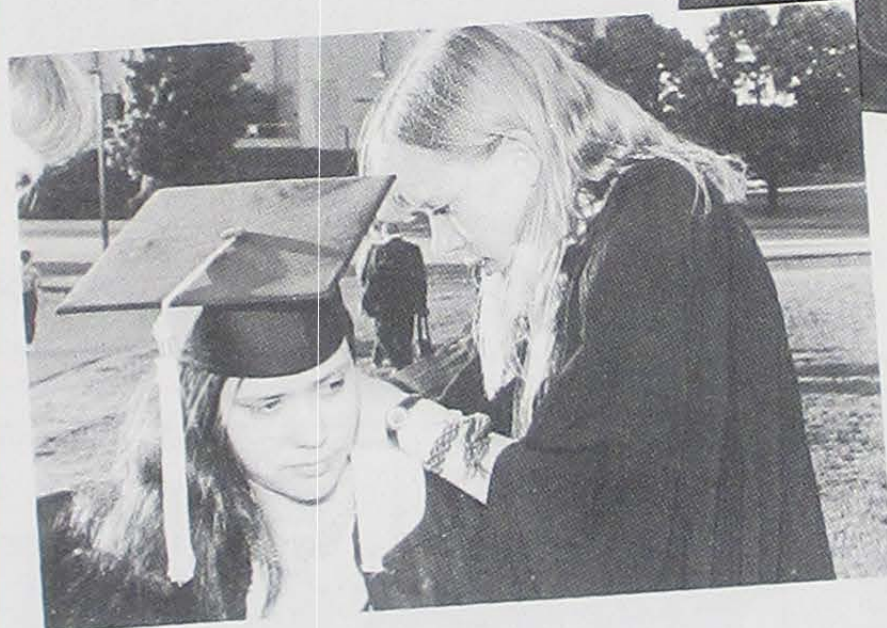
"You don't quit. You couldn't get further down than we were after the Valley game. We were humiliated at our own homecoming by a really good team. We just didn't give up, we just kept going. I think the lesson to be

they asked Coach (Bruce) Varnson. "Who do you think we're going to be up against?" Coach Varnson said, "Dad, I just think it will be Fort Dodge." And there was a cheer that went through the bus. These guys would rather play Fort Dodge than anyone else, because of what he picked up there the first time. A month ago, a playoff berth was the furthest thing from Dadd's mind. He was just trying to make it through the season without being humiliated. Ames was fresh off a humbling 40-19 loss in West Des Moines Valley on Oct. 3, when the coaching staff got together to try to salvage the season.

Ames was 3-2, but its top two quarterbacks, Bryan Warno and Ed Barpe, were injured and wouldn't take a snap the rest of the season. The coaches knew change had to



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Colophon

Spirit Volume 82, "As fate would have it," was completed after countless hours of slave labor by seven writers (plus two that we borrowed from the Web,) six photographers, two design editors, a stressed-out executive editor, and an overworked adviser. *Spirit* was printed by Walsworth Publishing Company in Marceline, Missouri, and serviced by Walsworth representative Verna Sturtevant.

Throughout the book, we used the colors maroon, evergreen, and steel, and on the cover we used a evergreen, gold foil, and Fantastic Foilz SHF7000 to accent the logo. All 234 pages were printed on glossy double-coated enamel 80-pound paper. We also added a tip-in for group pictures in the sports section. Body-copy 10-point Optane, except in Student Life where it is 11-point Optane. Captions are 11-point BrushDom Regular, and headline are set in Times, Optane, and BrushDomRegular. *Spirit* was produced on Macintosh LCs using Aldus Pagemaker 4.0, Aldus Freehand 3.1, Comtran, and Microsoft Works 2.0.

The executive editor (and the executive editor of the Web, Kari Wille) attended a four-day summer workshop in Kansas City in July. The staff also attended the Iowa High School Press Association (IHSPA) state convention in Iowa City. Four of us and our adviser went to the National Scholastic Press Association/Journalism Education Association (NSPA/JEA) convention in Washington D.C., where in addition to attending the conference, we saw Senator Bob Dole filibuster, had our picture taken with Bill and Hilary stand-ups, and listened to Kendi sing 60's songs at an exhibit at the Smithsonian Air and Space Museum.

Spirit 1993 won an All-American rating with four marks of distinction from the National Scholastic Press Association.

The *Spirit* staff would like to thank all of the Ames Businesses for their financial support; the media center staff for putting up with us and our snacks in the computer lab; Sorn Somsanith for his daily, valiant efforts to clean up our incredible mess; Randy for giving Tanisha yet another person to talk to on the phone; and our adviser Kendi Neff-Parvin for cheering us up with that stupid wind-up toy.

—Jenni Collins, Executive Editor

100th Green Butterfly 36, 37
 Abbasi, Iumemah 136
 Abbasi, Omar 119
 Abbasi, Rufaida 120
 Abbey, James 120
 Abbott, Rachel 94, 112, 157A, 157E, 162
 Abel, Darrill 155
 Abel, Micah 125, 136, 157E, 198
 Achter, Chuck 150, 181
 Achter, Nicole 19, 64, 120, 157D, 157E
 Ackerman, Alicia 33
 Ackerman, Erin 12, 136
 Ackerman, Jessica 62, 84, 128
 Adair, Jamie 48, 89, 136, 157E
 Adair, Nathan 64, 122, 135
 Adams Funeral Home 208
 Adams, Angela 65, 112, 157E
 Adams, Shawn 112
 Adams, Steve 155
 Agri Pro Seeds 204
 Aiton, Becci 136, 217
 Akinc, Akin 136, 148, 149
 Alan, Wesley 147
 Alard, Jennifer 136
 Albaugh, Andrew 37, 65, 112, 135
 Alber, Ruth 155
 Alexander, Dan 119, 120
 Alford, Crystal 112
 Allen, Casey 136, 164
 Allen, Chris 65, 120
 Allen, Jessica 3, 22, 136, 148, 149, 157D, 215
 Allen, Scott 46, 53, 62, 64, 85, 95, 117, 136, 137, 138
 Allied Realtors 206
 Alt, Jeff 72, 136, 157B, 157F
 Ambassadors 36, 37
 Ames Cycles 216
 Ames Oral Surgeons, P.C. 216
 Ames Parks & Recreation 207
 Ames Silversmithing 205
 Amos, Hope 48, 49, 70, 136, 147, 148, 157A, 157E, 162, 185
 Anderegg, Marlana 64, 120, 123
 Anderegg, William 128
 Anderson, Brian 155
 Anderson, Elaine 155
 Anderson, Jennifer 40, 120
 Anderson, Julie 64, 65, 128, 157E
 Anderson, Kevin 120
 Anderson, Laurie 157A, 157E
 Anderson, Mark 64
 Anderson, Marnie 64, 82, 92, 114, 136, 149
 Anderson, Robert 135
 Anderson, Roger 65, 150
 Anderson, Roland 38, 70, 100, 136, 215
 Anderson, Ross 61, 64, 120
 Anderson, Ryan 136, 157C
 Anderson, Terry 109
 Andorf, Linda 150
 Andre, Elizabeth 5, 37, 128, 157G
 Angus, Jeff 120
 Anthony, Chris 120
 Antidel, Brent 112, 157B, 157D, 157F
 Arias, Angela 81, 136, 167, 157A
 Ark Pet Shop, The 213
 Armstrong, CorEY 147
 Arneson, Ryan 112, 157C
 Art Department 17
 Artiushin, Ivan 147
 Ashburn, Luke 112, 115
 Ashburn, Matt 48, 49, 136, 148

Ashley, Aaron 128
 Aslesen, Jeremy 136, 157F
 Atchison, Mark 136, 157B, 168, 169
 Auge, Eric 157B
 Aurand, Tessa 128, 135
 Ausborn, Melanie 72, 112
 Auto Mechanics 21
 Avey, Dustin 120, 157E, 157F, 186
 Awards 148, 149

Bachman, John 157D
 Backoff, Robert 135
 Baetz, Brad 37, 136
 Bailey, Mark 64, 117, 120, 157E, 190
 Bailey, Steve 64, 137, 149, 157B, 157E, 191
 Baker, Jared 120
 Baker, Jill 94, 96, 112, 157H
 Bakken, Sabrina 137
 Bald, Kerrie Irene 120
 Ballantine, Matt 120
 Band 60, 61
 Banker, Ben 128, 157B, 157F, 157C
 Bappe, Ed 128, 157B, 157E
 Barnhart, Anne 38, 39, 65, 88, 112, 157A, 157E
 Barrett, Bill 155
 Barta, Emily 44, 56, 70, 95, 137, 157E, 157G, 183
 Bartine, Chris 120, 157E
 Bartlett, Kay 157B
 Barton, Brett 137, 157B
 Baseball 196, 197
 Basketball 178, 179, 180, 181
 Baskin-Robbins 218
 Bassett, Mindy 112, 199
 Bates, Jimmy 120
 Battle's Bar-B-Q 217
 Battles, Jason 112
 Baty, John 64, 128
 Baumeister, Adam 120
 Beach, Catlyn 112
 Beacon Microcenter 213
 Beaman, Heather 147
 Beaman, Peter 91, 112
 Beaulieu, Matt 120, 157E
 Beavers, Aminah 69, 96, 112, 157H
 Beck, Corey 112
 Beckman, Kerri 137, 157A, 163
 Bee Jay Sports Cards 206
 Beerman, Devin 128, 157B, 157F
 Beerman, Laura 112
 Begg, David 64, 128
 Belz, Kara 120, 157H, 158
 Belz, Klint 39, 112
 Belzer, Patrice 137
 Benbow, Browen 137, 148, 157A, 166
 Bendig, Laura 128, 157E
 Bennett, Barbara 112, 157A, 157D, 157E
 Bennett, Jenny 8, 42, 43, 128
 Benson Motor, Inc. 208
 Bents, Jeremy 39, 64, 65, 120, 121, 157B, 157E
 Berg, Jamie 128, 183, 231
 Berg, Kelly 137
 Bergan, Amy 11, 30, 39, 44, 70, 137, 157A, 210
 Bern, Steve 12, 70, 137, 148, 157B, 157E, 171, 181
 Berning, Robyn 33, 37, 64, 65, 128, 157A, 167, 209
 Besser, Jeff 120
 Best, Ali 23, 128, 157A, 157F
 Best, Collette 52, 62, 86, 128
 Beth Clarke Studio of Dance 208

Bibilos, Charles 36, 128
 Biechler, Laura 120, 157A, 157D, 157G, 161, 197
 Big Table Books 208
 Bigelow, Marnie 26, 65, 120
 Biggerstaff, Megan 8, 64, 65, 82, 128
 Biggs, Justin 130, 133
 Biggs, Lisa 33, 37, 44, 45, 77, 93, 128, 132, 157G
 Bills, Jake 65, 112, 157B
 Bills, Rose 37, 64, 120
 Bilske, Jenny 39, 56, 68, 93, 99, 128, 133, 157G
 Bilyeu, Nathan 120
 Birch, Annagreta 43, 101, 137, 148, 149, 157A, 157G
 Birch, Rebecca 18, 108, 120, 157H
 Bittner, Andrey 120
 Bitz, Christina 112
 Blackwelder, Brett 22, 128, 157B
 Bland, Cindy 150
 Bland, Matt 137
 Blazek, Chris 120
 Block, Suzanne 64, 120, 157E
 Boe, Matt 112, 125
 Boekelman, Peter 137
 Boeelman, Andy 112
 Bokhoven, Nick 65, 112
 Bolinger, Carolyn 150, 151
 Booms, Jeff 147
 Booth, Adria 62, 128
 Born, Adam 120
 Borwick, Todd 86, 106, 137
 Boster, Michelle 65, 73
 Bouillon, Jerome 120
 Bourne, Emily 33, 62, 64, 98, 105, 128
 Bovee, Darla 128, 193
 Bovenmyer, Dan 34, 137
 Bovenmyer, Elizabeth 65, 112
 Bowers, Joyce 155
 Bowers, Ryan 12, 64
 Bowman, Judd 43, 59, 64, 65, 103, 106, 137, 148, 149, 157C, 157F, 172
 Brace, Chandra 62, 64, 128
 Brandt, Nicole 112
 Braun, Dan 148
 Brcka, Sarah 65, 120, 157A
 Bredeson, Ron 155
 Brekke's Town & Country Store Inc. 204
 Brennan, Allison 112, 157A, 157D, 157G
 Brennan, Stephanie 44, 45, 120, 157D, 157G
 Brenton Bank 203
 Bright, Amy 79, 137
 Britson, Sara 39, 100, 106, 128, 167, 157A
 Brock, Andy 128
 Brooks, Crystal 112
 Brooks, Kirstin 135, 137
 Brousard, Brad 128
 Brower, Shantel 49, 137, 210
 Brown, Amy Jo 55, 76, 137, 148, 149
 Brown, Ben 112
 Brown, Charlie 127
 Brown, DJ 112
 Brown, Rick 120
 Brownlow, Palanda 10, 37, 78, 120
 Brunner, Judy 150
 Brunner, Travis 128, 157B, 157F
 Brunscheon, Sara 138, 144, 157A, 157E, 185, 215
 Bruton, Karen 150
 Bryant, Diana 128, 157A, 157G

Bryant, Erin 112, 157D
 Bryant, Josh 157F
 Bryant, Matt 119
 Buchwald, Thomas 135
 Buck, Mary 150, 151, 157E
 Buck, Shane 48, 138
 Buck-Staniforth-Calhoun Dental Office 217
 Bullock, Jake 84, 157B, 157F
 Bullock, Jason 112
 Bulver, Stephanie 87, 93, 106, 138, 157G, 157H, 158
 Burgduff, D.J. 65, 112, 157B, 157D
 Burlingame, Khara 62, 65, 120
 Burnett, Kim 29, 44, 150, 155
 Burns, Jonathan 64, 128, 157C
 Burrier, Vanessa 128
 Burris, Judith 150
 Burrows, James 112, 157B, 157D
 Burton, Kelly 37, 42, 43, 44, 128
 Business Department 25
 Butin, Annie 65, 112, 114
 Butin, Elizabeth 9, 16, 64, 138, 157E
 Buxton, Scott 5
 Byers, Julie 121
 Byg, Damon 47, 64, 138

Cable, Steve 91, 102, 121
 Caldwell, Brian 121, 157E
 Cameron, Brian 65, 75, 112
 Camp, Nicole 84, 138
 Camp, Patrick 65, 112, 122
 Campbell, Alan 150
 Campbell, LoAnn 150, 152
 Campbell, Simon 81, 128, 157B, 170
 Campbell, Tisha 128
 Cantonwine, David 138, 157A, 157F, 164, 186, 187
 Carey, Lindsay 100, 112, 157A, 157D
 Carey, Lucy 150, 157E
 Carlson, Craig 119
 Carlson, Judith 150
 Carlson, Keith 142, 150
 Carmichael, Derek 128
 Carney, Janice 121
 Carr, Chad 65, 112
 Carson, Cass 74, 121, 123, 157A
 Carter, Angie 36, 37, 65, 113
 Carter, Jenny 68, 113
 Carver, Natalie 37, 113, 157F
 Casey, Nathan 121
 Catron, Tracy 121
 Chacko, Becky 36, 37, 43, 64, 128
 Chacko, Rachel 37, 61, 65, 113
 Chang, Christopher 121
 Chang, Michael 43, 65, 108, 113, 148, 157F, 190, 191
 Chang, Steven 14, 33, 34, 35, 39, 40, 41, 46, 64, 65, 80, 121, 157F
 Chang, Wen-Chia 113
 Chang, Wen-Yen 128
 Chaplin, Sarah 34, 44, 46, 64, 65, 120, 121, 132, 157A
 Chapman, Nels 128, 198, 199
 Charter, Mark 157B, 157D, 157E
 Cheerleading 158, 159
 Chen, Henry 44, 129
 Cheney, Janna 56, 64, 92, 129
 Chess Club 46, 47
 Choat, Adam 129
 Choi, Andrew 113
 Choi, Mike 58, 59, 65, 97, 129
 Choir 62, 63

Chrisinger, Jenny 135
 Christensen, Samantha 147
 Christianson, Carrie 37, 121
 Christy, Scott 77, 127, 147
 Chung, Sung-Soo 135
 Cirksema, Bruce 113
 Clark, Aprille 64
 Clark, Gil 129, 157e, 157F, 181
 Clark, Jennie 75, 113
 Clark, Michael 135
 Clark, Tammy 104, 129
 Clarke, Aprille 37, 40, 74, 129
 Clyde, Cassie 64, 121, 157E, 157H
 Clinton, Wayne 157E, 157G
 Coach House Gifts 205
 Coats, Aaron 64, 121
 Coats, Jesse 24, 42, 43, 47, 64, 65, 138, 148
 Cockayne, David 129
 Cockayne, Paul 46, 121
 Coe's Campus Flowers 217
 Cole, Sevon 65, 121, 157C
 Collins, Jenni 8, 30, 33, 64, 138, 232
 Conley, Doug 121
 Converse, Lynn 103, 138, 217
 Cook, Abigail 64, 65, 85, 104, 121, 157E
 Cook, David 65, 121, 157E, 157F
 Cook, Max 129, 157B, 217
 Cook, Nathan 65, 119
 Cooper, Allison 65, 112, 138, 148
 Cooper, Corey 157C, 231
 Cooper, Malinda 64, 129, 148
 Cooper, Nicole 127
 Core, Stephenie 44, 138, 210
 Corley, Amy 65, 113, 157A, 157E, 157H
 Coronas, Matthew 113
 Cosby, Tanisha 33, 39, 129, 131, 206, 232
 Country Kitchen 218
 Coy, Jonathan 65
 Craig Carroll Photography 206

Craig, Kathy 26, 34, 65, 157G
 Craig, Suzy 12, 27, 64, 129, 157G
 Crase, Kirsten 65
 Crawford, Jonathan 113, 157B, 157D
 Crawford, Rusty 138, 157B, 157C, 169, 176, 177
 Crews, Melissa 65
 Cronin, Lisa 65, 113
 Crosbie, Jonathan 65, 113
 Cross Country 162, 163, 164, 165
 Crow, Pat 150
 Crowley, Shawn 121
 Cruse, Karena 121
 Cub Foods 212
 Cummings, Sara 121
 Curran, Matt 121
 Curtis, Chad 121
 Custom Drapery & Window Treatment 213
 Custom Upholstery by Houge 217
 Cy Ride 211

D.D. Pyle Co. 204
 Daddow, Kirk 150, 157B
 Dahlgren, Emily 34, 65, 113
 Daily Tribune, The 220
 Dakan, Cody 12, 113, 157B
 Dane, Brian 121, 157B
 Daniel, Priscilla 64, 129

Darkoh-Ampen, Michael 138
 Darlington, Andre 59, 65, 127, 129
 Dass, Oleta 155
 Dau, Nick 104, 129, 157A, 157F, 164
 David, Carolyn 65, 121
 David, Laura 24, 40, 41, 51, 53, 64, 84, 99, 138, 148, 149
 Davis, Angela 71, 87, 101, 117, 138, 144, 157A, 157E
 Davis, Brad 12, 102, 121, 157C
 Davis, Peggy 138
 Davis, Ryan 113
 Day, Kelly 64, 129
 Dayal, Tuhina 121, 123, 157A
 Deal, Robert 129
 Dean, Bryan 119
 Deardorff, Jesse 121
 Debate 34, 35
 DECA 48, 49
 DeClute, Dawn 138
 Dee, Misty 129
 DeHoet, Abigail 49, 138
 Deiter, Natalie 113, 157E, 183
 DenAdel, Justin 121
 DePristo, Mark 121, 130
 Devens, Chris 121
 Devine, Rachel 79, 129
 Dickson, Julie 65, 86, 113, 157E
 Dieter, Aaron 129
 Dieter, Clare 55, 113
 Dieter, Jered 138
 Dietz, Suzanne 64, 120, 139, 148
 Divine, Jim 139, 148
 Divine, Susan 37, 44, 47, 129
 Do-Biz Bakeries 217
 Dobberke, Kate 79, 121, 193
 Dobbs, Emily 120, 121, 157D, 157F
 Dobbs, Jessica 121
 Dobbs, Johanna 119, 157A
 Dobbs, John 113
 Dobbs, Joshua 139, 157F
 Dodge, Ryan 64, 121
 Doering, Carol 150
 Donahey, Malissa 9, 64, 139, 148, 149
 Donaldson, Brian 84, 113
 Donaldson, Joseph 121, 157E
 Donnell, Jessica 139
 Donnell, Stefanie 113, 12
 Doran, Dana 18, 65, 113, 157F, 157C, 189
 Dorr, Harold 150
 Dougan, Jay 113
 Dow, Jean 150
 Dowling III, Earl 38, 43, 70, 139, 149, 157B, 157C, 157F, 168
 Dowling, Millie 59, 65, 91, 112, 113
 Downs, Vance 157E, 171
 Downtown Deli 207
 Doyle, Cale 121
 Drewes, Steffi 65, 113, 157F
 Drewes, Tom 40, 41, 108, 139, 148, 149
 Drug Town 218
 Duckworth, Geoff 129
 Duea, Jim 71, 151, 155, 157E
 Dunham, Cassie 9, 82, 87, 139, 148, 149, 157F, 215
 Dunlay, Bill 129, 157E, 157F, 190, 191
 Dunlay, Kelly 65, 113, 157D, 157E
 Dunmire, Joel 64, 121
 Dunwell, Laura 34, 121
 Durlam & Durlam Men's & Women's Clothing 217

Durlam, Jon 139, 148
Durnin, Chad 135
Durnin, Randy 135
Dutton, Adam 127

Eckard, Justin 100, 113
Eddings, Kirsten 151
Ehresman, Dan 113
Eich, Robbie 49, 139
Eilts, Melissa 129
Eischen, Lindsey 65, 121
Elbert, J.C. 64, 65, 122, 157E
Elbert, Luke 113
Ellett, Jenny 33, 39, 68, 129, 135, 157E
Ellett, Kari 151
Ellingson, Kari 87, 102, 139, 143, 148, 149, 157A, 215
Elliot, Doug 151, 155
Elliott, Krista 113, 157A
Ellmaker, Angela 65, 147
Ellmaker, John 129
Elwell's Chef's Inn 211
Elwick, Robin 27, 113, 116, 157A
Ely, Jairus 122, 157E
Ely, Joelle 139
Emerhoff's Footwear, Inc. 205
Emiola, Joe 64, 122
Emiola, Misi 72, 129, 157E, 157G, 159, 184
Endreland, Marisa 65, 113
Engelhorn, Charli 30, 39, 70, 108, 129, 157A, 157E, 157G, 161, 196
Engeman, Brooke 65, 122
English Department 9
Epstein, Robyn 19, 63, 65, 122
Espeland, Erin 139
Essick, Jamie 122
Estes, Kurt 127
Estes, Sean 49, 147
Evans, David 64, 129, 164
Evans, Hank 49, 139
Evans, Laura 75, 102, 122
Even, John 88, 139, 148, 149
Evenski, William 113

Faas, Don 49, 83, 151
Faas, Elaine 151
Faber, Traci 151
Fadeyi, Fola 39, 113, 157B, 157F, 186
Fadeyi, Olutomi 69, 139, 147, 148, 157E
Fagundes, Andre 122
Fagundes, Marcelo 122
Faidley, Carrie 157G
Fairchild, Jennifer 122
Faisal, Jalila 65, 113
Faisal, Jehan 145, 147
Fanous, Peter 25, 64, 95, 129
Fareway Stores 218
Farnham, Rachel 139
Farrier, Matt 86, 105, 139, 157B, 157E, 180
Fatland, Melissa 64, 65, 122, 157E
Faux, David 147, 157B, 170, 217
Fennema, Brian 129, 157E
Fernandez, Irran 37, 114, 122
Fetty, Ola 129, 130
Filkmann, Jeffrey 114
Fincham, Dan 101, 122
First National Bank 213
Firststar Bank 204
Fisher, Jeff 122, 157C, 173

Fisher, Joe 129, 157C, 157F, 173
Fisher, Niki 39, 62, 129, 157E, 157H, 184
Fisher, Sarah 119, 135, 157A
Flemmer, Tim 122
Fletcher, Brian 168
Fliehler, Brian 114, 157B
Fliehler, Jennifer 64, 139, 157A, 157E, 215, 217
Flores, Cata 42, 43, 148
Foley, Brandi 14, 37, 44, 64, 129
Folkmann, Dan 114, 157C
Folkmann, Jeff 119
Football 170, 171
Foote, Beth 114, 157A, 157E, 157F
Foote, Lisa 25, 44, 139, 157A
Foreign Language 22
Forrest, Wes 129, 157C
Forssman, John 151, 155
Foster, Jason 114
Fowles, Ben 122, 157B, 157C
Fowles, Chad 5, 89, 133, 140, 148, 157B, 157C, 157F, 174, 175, 196, 197, 215
Franko, Eben 135
Fraser, Nichol 14, 129, 192
Fraser, Tyler 78, 114, 157B, 157C, 176
Freeburg, Greer 122
Freeburg, Maxwell 135
Freed, Julie 8, 151, 155
Freed, Sarah 13, 20, 129, 157A, 157F
Freeman, Lon 23, 38, 64, 76, 103, 140, 148, 149, 157B, 157C, 157F, 170, 171, 174, 175
Fretz, Kris 140, 148, 149, 157D, 178, 179
Frizzell, Kyle 72, 122, 157C, 176, 217
Fultz, Danielle 122
Furr, Betty 151
Furr, Elizabeth 19, 64, 129

Gabrielson, Angie 38, 64, 120, 122, 157A, 157D, 157G
Gaertner, Nancy 151, 155
Gallahan, Matt 125, 140
Gano, Michelle 114
Gardner, Dan 25, 42, 43, 105, 130
Gardner, Jackie 130
Gardner, Jeremy 24, 86, 140, 148, 157B
Garman, Merle 151
Garn, Karlene 155
Garrey, Justin 135
Garrison, Steve 157
Gartz, Homer 15, 61, 64, 151, 152
Gartz, Steve 65, 113, 114
Gaston, Melissa 140
Gateway Insurance Services 219
Geha, Megan 125, 130
Geiger, David 74, 114, 157C
Geiger, Robin 87, 136, 140, 157A, 157G
Gelina, Cynthia 64, 130, 157G
Genalo, Dan 114, 157B
Genovese, Missy 114
George White 207
Gerrard, Catherine 130
Gibb, Marilyn 155
Gibb, Shonda 64, 140, 210
Gibbons, Bob 151, 155, 191
Gibson, Scott 122
Giddens, Nakia 147, 157E
Gilbert III, Fred 23, 70, 140

Gilchrist, Alienor 39, 86, 120, 122, 157A, 157E, 162, 163
Gilchrist, Bruno 19, 78, 130, 157A, 157C, 157F, 172, 186
Gilloon, Dan 114, 157C, 172
Ginder, Derek 64, 65, 130, 157A
Girard, Lee 88, 92, 140
Giri, Akash 114, 122, 157B
Giri, Anand 43, 44, 81, 147, 157B
Gladon, Jean 65, 114
Glantz, Lisa 122
Glatz, Rebecca 65, 114, 157A, 157D
Gleeson, Sean 114
Glick, Forrest 130
Godar, Ben 122
Goehring, Melissia 65, 122, 157H, 158
Goldman, Shannon 39, 65, 114, 157E, 185
Golf 168, 169, 182, 183
Good, Brian 65, 76, 114, 157B, 157C, 175, 186
Good, David 20, 52, 64, 65, 68, 127, 130, 157F
Good, Donald L. 217
Good, Kelly 122
Goodfriend, David 65, 73, 114
Goodfriend, Ghina 135, 138, 140, 148, 149
Goodrich, Christine 65, 114
Goodwin, April 39, 114, 133, 157A, 157D, 157G
Gorman, Gary 157G
Gotschall, Roger 47
Gould, Brian 130, 157B, 171
Graddick, Brandon 130
Graduation 106, 107
Grady, Jamey 122
Graham, Dustin 122
Grant, Boone 157C, 175
Gray, Heather Fisher 114
Grebach, Abby 78, 122, 150
Grebach, Thad 147, 157B, 171
Green, Melissa 130, 157E, 157H, 158
Greene, Michelle 130
Greenfield, Jenny 122, 157D, 157E, 157G, 184
Greenlaw, Jamie 207
Greenlaw, Reggie 37, 151, 198
Greenlaw, Ryan 114
Greenlee, Jami 130
Greulich, Susan 151
Greving, Eric 130, 157B, 157C, 157F, 186, 207
Griffin, Sonee 89, 140, 157A, 217, 231
Grundmann, Ashley 104, 105, 122, 157A, 157D, 157E
Gubbins, James 119
Guffy, Gretchen 122, 157D, 157F, 189
Gugel, Dorothy 151
Gullette, Harmony 130
Hade, Darlene 155
Hagen, Ashley 15, 17, 140, 148, 149
Hagge, Sarah 40, 41, 122
Hall, David 65, 114
Hall, Hiland 122
Hall, Rich 94, 130
Hallam, Ezra 65, 114, 157B, 157C
Halliburton, Jeff 11, 60, 64, 65, 140, 149, 157A
Hallihan, Jennifer 122, 157D, 157E, 184

Halsrud, Randy 147
 Hamilton, Drew 19, 114, 157B
 Handley, Ryan 157C
 Hanisch, Vera 130, 157A
 Hansen, Wayne 155
 Hanson, Hosanna 65, 114
 Hanson, Jake 114
 Hanson, Marilyn 151
 Happy Joe's 205
 Haq, Usman 114
 Hardy, Alan 22, 23, 122
 Harker, Brooke 40, 52, 98, 99, 122
 Harker, Matt 130
 Harmon, Dion 15, 24, 122, 148, 157C
 Harms, Mark 18, 39, 59, 61, 64, 65, 74, 103, 114, 148, 149, 157C, 173, 207
 Harris, Emily 114
 Harris, Mark 140
 Harris, Melissa 75, 130
 Harryman, Kurt 130, 157B, 157F, 196, 197
 Hartman, Anthony 65, 114, 157
 Hartman, Bernadette 64, 92, 140, 141, 148, 149, 157A
 Hartman, Ken 151
 Hatfield, Andy 122
 Hatfield, Mark 39, 130, 157B, 157F, 170
 Hathaway, Elizabeth 123
 Hathaway, Gabriel 130
 Hathaway, Hollis 130
 Hatten, Mark 130
 Hausner, Emily 114
 Hawbaker, Kristina 64, 65, 123, 157A, 157E
 Hawkins, Andrea 16, 64, 65, 123
 Hawkins, Emily 16, 65, 114, 157A
 Hayes, Amy 130
 Haynes, Melissa 147, 148, 149
 Haynes, Ryan 65, 114, 120, 157C
 Heaberlin, Nate 114, 115, 157C
 Head Shop, The 219
 Headquarters 219
 Healy, Matt 37, 40, 52, 56, 123, 124, 157A, 157E
 Heeren, Valissitie 39, 87, 140, 148, 149
 Hefflefinger, Tony 123
 Heffron, Alicia 48, 49, 89, 140, 231
 Hefley, Allison 40, 64, 121, 123, 124, 127, 157A
 Hefley, Laura 140, 157A, 192, 193
 Hefley, Melinda 64, 75, 121, 130, 157A, 167
 Heggen, Christy 119
 Heggen, Kevin 130
 Hegland, Corine 112, 114, 120, 140, 148
 Heiberger, Robbie 114, 157D
 Heideman, Eileen 37, 65, 114
 Heideman, Elizabeth 130
 Helland, Katie 140, 157A, 157G, 217
 Hemann, Jaimie 119
 Henderson, Amy 64, 140, 148, 149, 157A, 157E, 185
 Henning, Steve 49, 140, 157B
 Henry, Paul 114
 Hensley, Tanner 123, 157C
 Hentzel, Joe 114
 Hernandez, Eva 37, 91, 140, 148
 Herold, Heather 5, 17, 61, 65, 114, 157E, 157G, 182

Herold, Heidi 12, 17, 39, 60, 61, 64, 130
 Hertz, Alan 37, 64, 65, 102, 114, 157F
 Hetzel, Amanda 64, 87, 140
 Hetzel, Nick 115
 Heuss, Krisha 130
 Heymann, Tania 3, 130
 Hickman, Heidi 115, 157A
 Hickory Park Restaurant 213
 Hiett, Jacob 64, 65, 123
 Higgins, Kristina 147
 Highland, Max 100, 115
 Hilgersen, John 150, 155
 Hill, Jill 155
 Hinrichsen, John 37, 39, 65, 115
 Hinrichsen, Lisa 34, 35, 37, 40, 43, 130
 Hockey 176, 177
 Hodges, Brett 140, 144
 Hodges, Katherine 40, 64, 140, 148
 Hoenig, Gregg 123, 157E
 Hoffman, Chris 38, 102, 123, 157C
 Hoffman, Troy 115
 Hoffmeyer, Angela 123
 Hofmockel, Blaine 123
 Hoiberg, Andrew 115, 157B
 Holder, Jessie 135
 Holder, Patrick 115
 Holger, Beth 3, 81, 140, 148, 157A, 157E, 157G, 210
 Holger, Katherine 64, 88, 123, 157E
 Holland, Ted 64, 130
 Hombre's 212
 Homecoming 70, 71
 Hopper, Gina 123
 Hopper, Trevor 115
 Hopson, Judy 155
 Horn, Bev 151
 Hornung, Ben 22, 130, 157B
 Horst, Jaime 123, 157E
 Horton, Darci 34, 39, 64, 65, 83, 123, 127, 157A
 Horton, Meridith 64, 65, 123
 Horton, Natarsha 65, 115, 117
 Hosch, Steve 155
 Hostetter, Becky 49, 140
 Hou, Yi-Chun 147
 Hou, Yi-Ju 123
 Houge, Clint 130, 157A, 157F, 165
 Houghman, James 123
 Hovater, Jill 65, 115, 119, 157G
 Hove, Pam 20, 64, 109, 130
 Howard, Laura 64, 123
 Hsu, Ruby 37, 40, 64, 65, 97, 127, 130
 Hsu, Susan 15, 58, 59, 65, 130
 Huang, Winston 131
 Huang, Yu-Chieh 147
 Huess, Krisha 64
 Huffman, Adam 115
 Hugdahl, Andrea 61, 64, 65, 123, 157A, 157E, 161
 Hugdahl, Jessica 64, 65, 87, 140, 144, 148, 157A, 160, 161
 Hughes, Becky 131
 Huiatt, Travis 65, 115
 Huls, Angela 131, 218
 Human Relations Committee 36, 37
 Hunger, Lori 39, 40, 65, 123
 Hunt, Meghann 20, 39, 44, 115, 157A, 157D, 157F, 188
 Hunter, Becky 65, 115

Huntington, Josh 64, 140, 144, 148, 157C, 173, 210
 Hunziker, Michelle 12, 61, 64, 123, 157A, 157D, 157E, 161
 Hutchison, Allison 39, 87, 137, 140, 157A, 157E
 Hutchison, Nate 100, 123
 Hutson, Heather 131
 Hutto, Nathan 40, 115, 157C
 Huynh, Thoi 115
 Hy-Vee 217
 Hyde, Justin 123, 157C
 Hyun, Soung Hee 123

 Immel, Allyssa 123
 Inglett, Patrick 123, 157E
 Intramurals 88, 89
 Iowa Eye Care Physicians 218

 Jackson, Clemmye 155
 Jacobson, Roger 155
 Jahr, Emily 61, 64, 65, 123, 157D
 Jankowiak, Monika 140
 Jansen, Julie 62, 140
 Jarboe, Molly 44, 62, 131
 Jaspering, Shelley 131, 157G, 159
 JCPenney 207
 Jeffrey, Evan 64, 112, 123, 148
 Jensen, Eleanor 65, 115, 157A
 Jensen, Tomas 75, 131
 Jensen-Eldridge, Aschleigh 119, 147
 Jeong, David 65, 115
 Jessen, Christopher 49, 147
 Jester, Charles 64
 Jetter, Karyn 64, 127, 157D, 157E
 Jim Wagner Lincoln-Mercury-Nissan 203
 Jischke, Charles 131, 157B, 169
 Joens, David 65, 115
 Johansen, Nathan 64, 123
 John, Kayla 100, 115, 157A, 157E
 John, Tim 155
 Johnsen, Chris 123
 Johnson, Amy 65, 115
 Johnson, Andy 64, 117, 131, 157G
 Johnson, Bryan 10, 131
 Johnson, Bryce 39, 123, 157C, 172
 Johnson, David 123, 157C
 Johnson, Erin 115, 157A, 157D, 157E, 157G, 184
 Johnson, Jenny 1, 39, 70, 131, 157A, 157D, 157G, 161, 179, 193
 Johnson, Kelly 131, 157G
 Johnson, Nea 140
 Johnson, Phil 152
 Johnston, Dan 46, 123, 148, 157A, 164
 Johnston, Judge 152, 157B, 157D
 Johnston, Sarah 141
 Jolly, Shannon 43, 64, 65, 131, 157A
 Jonas, Adam 115
 Jones, Allison 70, 131, 157A, 157D, 160, 161
 Jones, David 78
 Jones, Holly 135
 Jones, Jessica 39, 101, 141, 142, 148, 149, 157A
 Jones, Kristy 11, 46, 47, 74, 131
 Jones, Lori 131
 Jones, Nate 119, 148
 Jones, Rebecca 19, 39, 40, 41, 70, 135, 141, 148, 149
 Jones, Summer 141

Jons, Carolyn 155
 Jordan-Harris, De De 44, 131
 Jorgensen, Jane 152
 Jorgensen, Tom 26, 152, 157A, 157E
 Juelfs, Petraya 65, 131, 157A, 157D
 Junck, Alan 152
 Junck, Mary 131
 Junker, Ann 152

 Kadolph, Chris 46, 141, 157B
 Kadolph, Mike 115, 157B
 Kain, Laura 70, 141, 148, 157A, 157G, 161, 197
 Kamm, Barbie 115
 Kamm, Dan 49, 157B, 157C, 170, 174, 175
 Kannel, John 141, 194
 Kanwar, Bittoo 44, 80, 95, 143, 147, 157B
 Kao, Angela 138, 141
 Kaplan, Joanna 141
 Kaplan, Katrina 42, 43, 115
 Kaplan, Ruthie 131, 147, 157E
 Katz, Debbie 14, 64, 122, 141, 148, 149
 Kaufmann, Kiley 115
 Kautzky, Mary 152
 Kell, Melissa 39, 64, 87, 141, 144, 157G, 159
 Kellen, Ben 131, 157F
 Kellen, Zach 123
 Keller, Caleb 64, 131, 217
 Keller, Jessica 37, 71, 123, 157E, 160
 Keller, Shirley 148
 Kelley, Keith 115
 Kelly, Eliza 62, 131
 Kelly, Ryan 65, 114, 115
 Kenealy, Shannon 39, 64, 90, 93, 131, 132, 157G, 157H, 158, 159
 Kennedy, Quin 147
 Kepley, Deanna 123
 Kepley, Devon 131, 157B, 157C, 157F, 175, 197
 Kepley, Justin 131
 Kepley, Tom 49, 141, 148, 157E, 210
 Kever, Irene 155
 Key Club 46, 47
 KFC 212
 Kihl, Chip 123
 Killorn, Kelly 141
 Kilmer, Amy 131
 Kim, Joyce 147
 Kim, Soo-kyoung 123
 Kinart, Ryan 131, 157C, 176
 Kindred, Cori 64, 141, 149
 Kindred, Lizza 76, 124
 Kiner, Mike 124
 Kiner, Steve 88, 131
 King, Courtney 124
 Kingsbury, Renee 131, 157A, 157G, 161
 Kinley, David 115, 157C
 Kinyon, Melissa 115, 157A
 Kiojai, Sengjohn 94, 141
 Kiojai, Sensak 115, 157B
 Kitchel, Tonya 147
 Kitchell, Ellen 26, 27, 40, 46, 65, 115, 157A, 157E
 Klatt, Heath 10, 131
 Klatt, Michelle 124, 157D
 Klaus, Jim 12, 131, 177
 Kliebenstein, Heather 124, 157A, 157E
 Klocke, Christopher 64, 65, 141, 148,

149
 Knapp, Duke 38, 39, 40, 70, 83, 141, 148, 149, 157B, 157C, 176
 Knapp, Kristy 124
 Knapp, Sarah 147
 Knapp, Toby 115, 157C
 Knoedler, Angie 131
 Knutsen, Megan 39, 141, 148, 149, 157A, 157D, 157E, 178, 179
 Knutsen, Paige 55, 124, 157A, 157D, 157E
 Koch, Jeff 102, 124
 Koch, Thomas 141, 157E, 157F, 181
 Kogan, Uri 34, 37, 115
 Kostic, Dim 115
 Kothari, Priya 34, 65, 80, 115
 Kozak, Greg 141, 157B, 157F
 Kracher, Elisabeth 65, 115
 Krafur, Edwin 37, 64, 141, 217
 Krautz, Thomas 55, 135
 Kravinsky, Ella 131
 Kravinsky, Nick 135, 157E
 Krein, Josh 124
 Krein, Roger 127, 131
 Krogmeier, Katie 87, 142, 148, 149, 157A, 157F, 160, 161
 Krogmeier, Robert 124
 Kruger, Adam 124
 Kruger, Cheri 65, 115
 Kruger, Kim 37, 72, 131
 Krumm, Laura 124, 157E
 Kubera, Heidi 119, 124, 157H, 158
 Kuempel, Marcia 147
 Kugler, Jason 124
 Kuhl, David 65, 142, 157F
 Kulatja, Carmen 3, 131, 157A
 Kumbier, Edwardo 115
 Kuo, Vanessa 97, 116

 LaGrange, Darren 142, 149
 LaGrange, Molly 149, 157A, 157F, 188, 189, 215
 Lambi, Eric 65, 116, 157C
 Lang, Dick 18, 152
 Lang, Sara 124
 Lara, Jasper 131, 157B
 Lara, Jonathan 116, 157B
 Larson, Adam 116
 Larson, Diane 152
 Larson, Jodi 131, 167, 157A
 Larson, Leonard 152
 Larson, Marilyn 155
 Larson, Tracy 142, 157F, 188
 Lathrop, Jennifer 42, 43, 62, 75, 131
 Law, Marcia 155
 Lawler, Pat 157F
 Lawler, Sue 150, 152
 Lazy M Shoe Store 217
 LeBrecht, Natalie 44, 132
 Lee, Jackie 64, 132
 Lee, Jee-Hye 116
 Lee, Lloyd 152
 Leek, Jennifer 142, 148
 Leek, Melissa 65, 116
 Leeps, Harley 116
 Legg, Bud 152
 Lehmkuhl, Eric 62, 64, 122, 132, 157A
 Lehmkuhl, Melissa 39, 65, 108, 116, 157A, 157E, 162
 Lescalet, Jenny 116
 Levine, Joe 80, 132, 145, 157C, 172
 Lewis, Adam 68, 132
 Lewis, Ben 62, 64, 82, 127, 142

Lewis, Bess 46, 65, 116
 Lewis, Nathan 64, 142
 Lewis, Ryan 142, 149
 Lewis, Tanisha 127
 Li, Steven 124
 Li, Xue 65, 81, 124
 Liao, Jack 55, 64, 65, 112, 132
 Life, Erin 113, 116, 157A, 157D, 157E, 167
 Linduska, Steve 155
 Lingelbach, Joel 124, 157B
 Linn, Steven 62, 97, 152
 Lippard, Jason 65, 116
 Litchfield, Lindsey 116, 157A, 157D, 157E
 Litchfield, Scott 30, 31, 60, 64, 68, 99, 103, 142, 143, 148, 157E, 210
 Little Taipei 208
 Little, Sarah 87, 142, 148, 210
 Litzel, Brian 142
 Llewellyn, Heather 135
 Lloyd, Richard A. 217
 Local Events 108, 109
 Lochray, Steve 132
 Logston, Bob 157F
 Lohr, Naomi 65, 116, 157
 Loken, Carol 155
 Lombardo, Tony 124
 Long, Katie 132
 Long, Ryan 64, 124
 Longman, Lucas 116, 157F
 Longman, Tim 132
 Longwell, Ylene 152
 Lott, Shannon 64, 124, 157D
 Loveland, Kathy 124, 157E, 157H, 158
 Lubow, Jeff 116
 Lueth, Helen 147
 Lueth, Moses 69, 124, 157E
 Luo, Xiao 147
 Lustgraaf, Suzie 124, 157E, 199
 Lutz, Annelise 124
 Lutz, Kim 48, 142
 Lutz, Maria 3, 132, 157A, 157G
 Lynch, Maryann 24, 116
 Lynott, Jean 138, 147, 157D

 Maddux, Katy 135
 Madison, Angela 132, 192
 Madsen, Rebecca 39, 124
 Magel, Ben 43, 132
 Magie, Jim 132
 Mahoney, Mary 155
 Main Street Music 213
 Maixner, Matt 116
 Makelbust, Nathan 49, 83, 142, 148
 Mammen, Terina 132
 Manzer, Cassady 135
 Marin, Maria 65
 Markova, Elitza 124
 Martin, Cecily 62, 108, 132, 157A, 167
 Martin, Gavin 116, 157C
 Martin, Jessica 116
 Marty, Chris 116, 157B
 Marvick, Kathy 64, 124, 157A, 166
 Mary Kay's Flowers & Gifts, Inc. 208
 Math Department 10
 Matney, Elizabeth 77, 124
 Mauk, Matthew 132
 Maxwell, Melissa 65, 116
 Mayfield, Margie 40, 41, 142, 148, 157A
 Maysent, Andy 116

Maze, Leslie 124, 152
 McCaughey, Lana 135
 McCay, Emily 77, 132, 157A
 McClan, Derrick 119
 McConnell, Angie 61, 64, 65, 70, 142, 148, 149
 McConnell, Kristi 65, 116
 McCormick, Shawn 116
 McDonalds 209
 McDorman, Heather 62, 142
 McDuffee, Bill 124
 McElroy, Emily 116
 McElvain, Eddie 64, 124
 McFarland Clinic 202
 McFarland, John 132, 157B
 McGee, Jim 157B
 McGee, John 65, 87, 124, 127, 157C
 McGee, Susie 39, 48, 49, 70, 142, 148, 149, 157A, 157D, 157E, 162, 163, 178, 179, 210
 McGeeney, Bryan 102, 116, 157B, 157C
 McGinness, Mike 155
 McGrigg, Maggie 124, 157E
 McIntosh, Happy 39, 132
 McKern, Nathan 124
 McLaughlin, Eric 132
 McMullen, Emily 37, 44, 65, 124
 McNab, Joan 152
 McNertney, Jason 116, 157B
 McPherson, Jose 124
 McWaters, Phil 38, 39, 42, 44, 106, 142, 148, 149
 Mehle, Audie 132
 Meierkord, Tara 132, 157D
 Meinhard, Sara 101, 142, 148, 149, 157G, 157H, 158
 Mekemson, Mary 152
 Melvin, Chris 157F
 Mendenhall, Jack 152, 157C, 175
 Mendleson, Suzanne 154
 Menzel, Erich 22, 143, 195
 Messenger, Karin 65, 143
 Meyer, Chris 124
 Meyer, Keyea 65, 124, 157A
 Meyers, Naila 34, 40, 64, 65, 124, 157E, 162
 Mickelson, Melanie 52, 62, 65, 116
 Micklelson, Terri 155
 Middleton, Elizabeth 152
 Middleton, Larry 157F
 Milleman, John 38, 39, 43, 61, 64, 70, 74, 104, 107, 143, 148, 149, 157B, 157E, 157F, 170, 181, 187
 Millen, David 27, 60, 104, 132, 157F
 Miller, Brandon 34, 124
 Miller, Brett 125
 Miller, Carrie 143
 Miller, Casey 157D
 Miller, Cassandra 116
 Miller, Eric 116
 Miller, Eugene 132
 Miller, Jason 132, 157A, 157F, 165, 186
 Miller, Jean 153
 Miller, Lauren 125, 157D
 Miller, Shantel 116
 Miller, Symantha 64, 157A, 157E, 163
 Mills, Leah 8, 11, 16, 32, 33, 38, 65, 72, 89, 97, 125
 Mills, Samantha 82, 116, 125
 Mills, Steve 125
 Minion, Dave 64

Minion, Jason 64, 125, 157F
 Minion, Jon 65, 116, 157B
 Mitchell, Holly 125
 Mitra, Ujjaini 34, 59, 65, 80, 125, 157A
 Mize, Emily 34, 37, 116, 157D, 157E
 Mize, Jeremy 143, 149, 153, 157B, 157C, 157F, 171, 174, 175
 Mock Trial 34, 35
 Model U.N. 35
 Moehlmann, Ben 65, 125
 Moehlmann, Marilyn 155
 Moen, Chris 143, 157C
 Mohs, Sommer 20, 125, 157A, 161
 Moon, Karen 3, 36, 39, 42, 43, 46, 47, 64, 70, 82, 132
 Moore, Jon 116
 Morain, Michael 38, 39, 46, 65, 116, 157F
 Morford, Sharon 153
 Morrison, Chon 135
 Morrison, Dustin 125, 157B, 157C
 Morrison, Rick 125
 Mortensen, Chad 65, 116
 Mosesova, Irina 116
 Mott, Sharon 155
 Moyer, Heather 62, 64, 65, 125
 Muchinsky, Brian 30, 42, 43, 141, 143, 148, 157A
 Muljadi, Hendry 132
 Muljadi, Julia 125
 Muller, Jill 125, 157A, 157D, 157F, 161, 179
 Mullesch, Laura 135
 Mullica, Amy 143
 Mullica, Scott 132, 157A, 157F
 Mulvaney, Carla 155
 Mumba, Mambwe 8, 132
 Mundt, Andrea 44, 45, 132
 Murdock, Andy 177
 Murdock, Ted 127
 Murphy, Moira 44, 143
 Murra, Cindy 125
 Myers, Beth 101, 143, 157E, 232
 Myers, Bryan 125, 133
 Myers, Emily 12, 34, 40, 59, 65, 112, 125
 Myers, Trey 116
 Naeve, Erin 117, 157E
 Nakadate, Laurel 39, 76, 143, 149, 210
 Nataro, Leigh 46, 153
 Neal, David 132
 Neff-Parvin, Kendi 8, 33, 153
 Nehls, Thomas 64, 153
 Nelsen, Matt 39, 89, 117, 157B
 Nelsen, Trisha 132
 Nelson Electric 212
 Nelson, Adria 64, 143, 148, 157A
 Nelson, Emily 42, 43, 132
 Nelson, Karina 65, 116, 117, 157A
 Nelton, Robert 125
 Nemitz, Josh 143, 148, 215
 Nemitz, Justin 125, 157B
 Nessel, Brad 132, 157B
 Nevshemal, Joe 55, 139, 141, 143
 Newhouse, Lori 117
 Newton, David 34, 117
 Ng, Joyce 58, 59, 64, 65, 131, 132, 157A
 Nichols, Joss 62, 64, 94, 102, 132, 157F

Nichols, Pat 132
 Nichols, Roy 147
 Nichols, Travis 117, 127
 Noland, Ben 65, 95, 117
 Noland, Maggie 143, 210
 Noling, Melody 117, 157G
 Norley, Shannon 62
 Nuhu, Abdul 119, 125
 Nutter, Dan 26, 68, 71, 132
 Nutter, Mark 19, 117, 157C
 O'Neill, Derek 37, 44, 45, 143, 157C
 O'Neill, Meghan 44, 45, 125, 157E
 O'Riley, Kyle 105, 117
 Oakland, Jon 143, 148
 Odom, Amy 127, 147
 Odyssey of the Mind 46, 47
 Ogawa, Earl 192, 193
 Ogbourne, Mike 48, 143, 148, 149, 157C 176, 177
 Okiishi, Ken 65, 82, 90, 117
 Olberding, Ethan 12, 42, 43, 130, 131, 157B, 168
 Olberding, Gina 16, 26, 132, 157A, 157D, 157E, 162
 Olberding, Jackie 133, 157A, 157D, 157E, 179
 Ollila, Jay 133
 Ollila, Julie 117, 135, 157A, 157D, 157E
 Olsan, Paul 153
 Olson, Amy 64, 99, 125, 157D, 157E
 Olson, Andrea 42, 43, 56, 64, 143
 Olson, Emily 37, 64, 133, 157A
 Olson, Jane 38, 153
 Olson, Janet 153
 Olson, Jenny 1, 29, 39, 70, 133, 157A 157F, 161, 188, 189, 207
 Olson, Karen 65, 117, 157D
 Olson, Matt 143
 Olson, Pam 56, 62, 133, 157E
 Opheim, James 117
 Orchestra 58, 59
 Orning, Beth 117, 157E, 185
 Orth, Brooke 144
 Orth, Heather 133
 Osam, Mark 117
 Osam, Wes 144, 147
 Osborn, Noelle 144, 157E
 Oshel, John 117, 157
 Osmundson, Brad 125
 Osterberg, Rennesa 55, 65, 157G
 Otto, James 73, 125
 Ottoson, Lisa 125
 Padgitt, Courtney 12, 125, 137, 144, 148, 209
 Padgitt, Noelle 12, 40, 64, 65, 70, 95, 125, 132, 157A, 167
 Padilla, Gabe 65, 125, 194, 195
 Padilla, Mandy 16, 43, 64, 133
 Pak, Glen 64, 125, 157F
 Pak, Sue 144, 149
 Palmas, Ellie 117, 125, 157A
 Pang, Betty 39, 93, 144, 148, 149, 157A
 Panigrahy, Sonia 37, 39, 81, 123, 125, 157H, 218
 Pankey, Raymond 147
 Pannkuk, Alice 153
 Pantenburg, Brett 117
 Pantenburg, Danelle 64, 103, 144, 157A

Paque, Scott 64, 133
 Parks, Brittany 1, 39, 133
 Parks, Jeremy 117
 Parks, Kristin 139, 144, 149
 Parrish, Brian 52, 53, 55, 62, 64, 144, 145
 Parrish, Megan 117, 157A
 Parsons, Matthew 147
 Parulekar, Nishan 117, 157C
 Patrick, Emily 62, 64, 133
 Patterson, Richard 147
 Pattinson, Jill 125, 157A
 Paulson, Matt 125
 Paulson, Nicki 37, 117, 157E
 Pavlik, Eric 64, 144
 Payeur, Wes 12, 125
 Payne, Austin 104, 125
 Payne, Brad 115, 117, 157B, 157C
 Payne, Tom 39, 144, 145, 148, 157B, 157C, 157F, 163, 170, 172
 Pech, Solomon 36, 37, 40, 147
 Peck, Aaron 144, 148, 149, 195
 Peck, Emily 39, 125
 Pelzer, Carl 155, 157B, 157F
 Pelzer, John 157B, 157C, 175
 Pendry, Bill 125
 Penning, Dee 153
 Pepper, Tom 62, 64, 139, 143, 144
 Pete Tekippe Photography 208
 Peters, Joseph 144, 157F
 Peters, Lindsay 117
 Peters, Suzanne 152, 153
 Petersen, Dawn 144, 157D, 178
 Petersen, Mike 132, 153
 Petersohn, Jason 42, 43, 64, 133, 148
 Peterson, Anne 125
 Peterson, Barbara 153
 Peterson, Cara 49, 144
 Peterson, Christine 125
 Peterson, Debra 37, 65, 117
 Peterson, Jenny 83, 117
 Peterson, Laura 44, 117, 133
 Peterson, Matt 64, 125
 Peterson, Melissa 126, 157E, 157H
 Peterson, Michael 48, 49, 144, 157B, 157F
 Peterson, Trisha 39, 68, 87, 133, 135
 Petra, Susie 153
 Peyser, Jennifer 40, 46, 65, 117
 Phillips, Jennifer 40, 41, 62, 64, 144, 148, 149
 Phillips, Kerry 34, 65, 126
 Phimmason, Kesone 41, 135
 Phompheng, Bouaphanh 127
 Phompheng, Korakanh 135, 157B, 157F
 Physical Education 18
 Pitts, Nola Jean 119
 Place, Kirsti 15, 64, 133
 Plays 52, 53, 54, 55
 Pleasants, Rachel 34, 65, 119
 Poague, Amy 40, 41, 59, 65, 137, 144, 148, 215
 Poague, Melissa 37, 65, 117
 Pohlman, Jessica 59, 65, 117
 Polashek, Mary Kay 153
 Pollard, Dan 126, 157C, 174, 175
 Polston, Jim 49, 144, 157B, 157F, 168, 169
 Popelka, Mike 127
 Popelka, Trisha 65, 126, 157H, 159
 Posegate, Bret 157F
 Posegate, Dave 153

Post, Tina 133
 Potter, Andrew 30, 31, 103, 107, 143, 145, 148, 157F, 196
 Powell, Kristi 117, 157A, 157E, 183
 Powell, Mindy 65
 Prins, Josh 46, 64, 65, 117, 148
 Prins, Matthew 10, 12, 64, 122, 133, 148
 Prochaska, Elaina 78, 145, 157E
 Proescholdt, Andrew 133, 157A, 157F, 165
 Prom 104, 105
 Propes, Nick 65, 117, 157C, 174
 Pyle Photo Service 219
 Pyle, Carrie 117
 Pyle, Lindsey 98, 133, 157G
 Pyle, Matt 79, 126, 157A, 157F
 Quale, Ronda 117, 133
 Quamme, Jamie 126, 157E
 Quintero, Buffy 3, 46, 47, 83, 133, 157D, 178, 192
 Quiz Bowl 42, 43
 Raaii, Farhang 40, 42, 43, 133, 148, 149
 Raines, Josh 126
 Ramabadrn, Arun 126, 157F
 Ramirez, Evelyn 126
 Ramisetty, Prathyusha 44, 133
 Ramsey, Stacey 135
 Randall, Barrett 1, 38, 39, 64, 88, 133, 157G
 Range, Mark 133, 199
 Raske, Andrea 133, 157A
 Rathert, Ryan 117
 Ray, Dan 60, 64, 133
 Readhead, Justin 42, 65, 133, 135
 Rearick, Jason 117
 Recker, Michael 126, 157E
 Redenbecu, Maja 133
 Redmond, Daniel 20, 120, 144, 145, 148, 194, 195
 Redmond, Jeremiah 126
 Reed, Anna 145
 Reed, Jonathan 85, 126, 157A
 Reed, Marc 133
 Rehbein, Jennifer 44, 65, 126
 Reimann, Tory 49, 145, 157C, 170, 174
 Reis, Angela 49, 145
 Remsburg, Amber 126
 Repients, Shaun 117
 Rhodes, Katie 64, 85, 97, 133, 157E, 183
 Rhodes, Zack 65, 112, 117, 157B, 157D
 Rice, Cassie 65, 94, 118, 157E
 Rice, Lindsey 64, 85, 112, 133, 157A, 157E
 Richards, Gabe 126
 Richardson, Colin 65, 118
 Richardson, Meredith 34, 64, 133
 Richardson, Nicole 118, 157A, 157G, 160
 Ridnour, B.J. 73
 Ridnour, Ryan 126, 157B, 157E
 Ridnour, William 126
 Riedesel, Erica 65, 96, 118, 157G
 Riley, Angela 145
 Rininger, Shana 118
 Ripley, Carisa 126, 157E
 Ripp, Bill 153

Rippke, Ally 118, 157H
 Risse, Heather 73, 118, 157A, 159
 Rittgers, Harold 153, 155
 Roark, Eric 34, 65, 118
 Robbins, Aubrey 32, 33, 64, 133, 206
 Robert Thomas Dancer 203
 Roberts, Charity 65, 126, 157H
 Roberts, Gabriel 133, 157B, 171
 Roberts, Michelle 126, 157E
 Robinson, Matt 39, 133, 145, 148, 157C
 Roe, Stephanie 133
 Rohden, Amy 126
 Rollins, Adina 65, 118, 157D, 157E
 Ron-Rodriguez, Ajax 118
 Ron-Rodriguez, Hermes 81, 112, 118
 Rosenberg, Evan 126
 Rosenbusch, Adrian 64, 133
 Rosheim, Maria 92, 133, 157A
 Ross, Bobby 65, 114, 118
 Ross, Erin 119, 127, 137, 145, 157A, 162
 Ross, Ryan 16, 118
 Roth, Claire 131, 133
 Roth, Mishell 145
 Roth, Missy 126, 157D
 Rowley, Annette 40, 155
 Rudolphi, Jacob 126, 157B, 157E, 169
 Rudolphi, Leah 65, 118
 Runner, Andrew 145
 Runner, Jon 119
 Russell, John 118, 157B
 Ryan, Brigid 133
 Ryan, Jason 119, 125, 133, 157C, 157G
 Saari, Erika 8, 12, 37, 65, 126
 SADD 44, 45
 Sage, Jesse 157B
 Sailsbury, Tracy 145
 Salvo, Carrie 8, 145, 157A, 157G, 163
 Sambos, Eileen 44, 46, 134
 Sampson, Melissa 64, 126
 Sanache, Matt 118
 Sapp, Matt 88, 147
 Sargent, Jennifer 118, 184
 Sargent, Lindsay 23, 61, 64, 65, 134, 157E, 185
 Sartori, Johnny 134
 Sassmann, Kristina 79, 134, 135, 192, 207
 Savovski, Kristina 118
 Schafroth, Alex 42, 43, 64, 145, 148
 Schepers, Donna 153
 Schilling, Blair 64, 126
 Schinnow, Robin 64, 65, 126
 Schmaltz, Kirk 153, 157A, 157E, 162
 Schmerr, Marty 126
 Schmerr, Nick 118
 Schmidt, Dawn 62
 Schmidt, Greg 97
 Schmidt, Jenny 37, 44, 46, 62, 134
 Schmitt, Ben 126
 Schneider, Richard 155
 Scholten, Marc 65, 118
 Schonhorst, Sally 154, 155
 Schrad, Jennifer 145
 Schrad, Nathan 126
 Schram, Carrie 134, 157H
 Schram, Jessie 77, 96, 126, 157H
 Schroeder, Geoff 134
 Schroeder, Jon 118, 157B, 157F

Schroeder, Tim 157B
 Schropp, Aaron 65, 118, 157C
 Schubert, Stephanie 65, 118
 Schult, Nick 92, 97, 130
 Schwarzenbach, Sherry 70, 134, 157A, 157D, 157E, 161, 178
 Science Bowl 42, 43
 Science Department 14
 Scott, Evan 118
 Scott, Jenn 90, 145, 148, 149, 215
 Scott, Marvin 35, 154
 Scratch Pad 40, 41
 Seals, Mindy 118
 Seaton, Cory 64, 126, 157C, 194
 Seaton, Leigh 65
 Seaton, Ryan 118
 Sedgwick, Mark 134, 157A, 157E, 164, 165, 186
 Seecharran, Shaly 37, 43, 96, 145, 148
 Seibert, Sara 118
 Serfass, Elaine 37, 40, 51, 55, 126
 Serfass, Evan 42, 43, 147, 148
 Serfass, Loren 126
 Sermet, Beth 97
 Sermet, Mert 24, 58, 59, 65, 134, 157E, 187
 Sethi, Shala 43, 134, 149, 157A
 Sevenbergen, Jennifer 145, 217
 Shafer, Nicholas 135
 Shanks, Laura 154
 Shapiro, Abbe 39, 65, 126
 Shapiro, Howard 155
 Shaull, Nicole 65, 113, 118, 157A, 157E, 157H
 Shaw, Michael 77, 127
 Sheeler, Aaron 145, 157A, 157F, 215
 Sherman, John 145, 157F, 191
 Shields, Sabrina 64, 98, 126, 130, 159
 Shields, Susan 154
 Shierholz, Suzy 157F
 Shimkus, Matthew 65, 85, 118, 157B, 157D
 Shimkus, Michael 21, 30, 119, 141, 146, 149
 Shin, Sung 118
 Shinar, Tami 29, 40, 134, 148
 Shonrock, Derek 52, 55, 56, 64, 88, 117, 146, 148
 Shore, Travis 118, 157C
 Shrader, Adrienne 126
 Shrader, Kristen 118
 Shriver, Adam 126, 157F
 Shrum, Anne 20, 134, 157A, 207
 Shuck, Carrie 118
 Shupp, Carrie 37, 46, 65, 118, 157D
 Shupp, Peter 64, 134, 157E
 Sibbel, Mark 146, 148
 Sibbel, Paul 65, 118
 Siebert, Bernadette 154
 Sienknecht, Sarah 65, 107, 126
 Silag, Phoebe 8, 24, 30, 31, 69, 126, 231
 Silet, Emily 64, 65, 114, 126
 Simon, Vince 154
 Simonds, Julie 39, 70, 146, 157A, 157AE, 163
 Simons, Joe 118, 157B, 157D, 171
 Sines, Barry 5
 Sipes, Alex 135
 Sippel, Eileen 118
 Sippel, Jennifer 34, 134
 Sisson, Norma 154, 155
 Sivesind, David 64, 146, 148, 157B

Skaff, Jana 11, 56, 57, 64, 101, 137, 146
 Skahill, Sara 126, 157F
 Skluzacek, Joe 118, 168, 157B
 Skrdla, Carrie 64, 146, 148, 149
 Skrdla, Joel 118
 Slater, Jason 64, 100, 122, 147
 Sletten, John 153, 154, 157A, 157F
 Sloan, Jake 118
 Slocum, Audra 34, 90, 126, 157A, 157E
 Slomka, Dobrushka 134
 Slutzki, Dan 46, 65, 118
 Smalling, David 22, 38, 70, 146, 148, 149, 157B, 157F, 207
 Smelser, Matt 126
 Smetak, John 10, 34, 118
 Smith, Amalia 36, 37, 39, 70, 126
 Smith, Amy 64, 65, 126
 Smith, Chris 37, 103, 106, 143, 146, 148
 Smith, Dave 49, 82, 86, 146, 157B, 157C, 177, 215
 Smith, Jenny 134
 Smith, Karleen 154
 Smith, Ketra 146
 Smith, Kimmy 134
 Smith, Mona 154
 Smith, Porshia 12, 125, 126
 Smothers, Matt 134, 199
 Snyder Drug 209
 Snyder, Shannon 146, 148
 Soccer 192, 193, 194, 195
 Social Studies 13
 Soden III, Arnie E. 118, 157B, 157C
 Softball 196, 197
 Somsanith, Nokeo 135, 147, 157F
 Sorenson, Jason 126
 Sosnouski, David 39, 42, 68, 134, 157E, 157F, 181
 Soukoulis, Victor 126
 Soy, Ryan 146, 157C
 Spanish Competition 42, 43
 Spear, Eric 134, 157B
 Special Education 26
 Special Olympics 198, 199
 Speck, Alyssa 39, 65, 118, 157F, 157H
 Speech Club 40, 41
 Spencer, Chad 126
 Speth, Brett 47, 133, 147
 Spike, Ben 64, 65, 122, 126
 Spillers, Kent 146, 149, 157B, 231
 Spirit 32, 33
 Springer, Patricia 135
 Sprong, Chris 134, 157B, 157C
 Stahly, Ben 126
 Stairs, Chad 134, 157B
 Stalheim, Jennifer 134
 STAND 44, 45
 Stansbery, Joseph 34, 65, 118
 Stanton, Sam 118, 157C
 Stark, Thomas M. 203
 Starrett, Brian 118
 Staudt, Maggie 126, 127
 Steenbeke, Steve 12, 130, 134, 157B, 157F
 Steenhoek, Joe 126
 Steffan, Ariane 118
 Stegge, Megan 56, 64, 126, 157H
 Stenberg Concrete Construction, Inc. 211
 Stenberg, Thomas 132, 134, 157B, 157C

Stephenson, Megan 65, 118, 157G
 Steskal, Heather 62, 69, 90, 134
 Stevens, Chuck 157F
 Stevenson, Jenni 118
 Stevenson, Sara 37, 40, 41, 52, 64, 65, 90, 96, 134
 Stevermer, Scott 118, 157B, 157D, 157F
 Stewart, Paul 64, 126, 157A, 157F
 Stickney, Josh 134
 Stiles, Jeff 136, 146, 148, 149, 157A, 157E, 157F, 164
 Stoeffler, Amy 134, 135
 Stokka, Ann 154
 Stolmeier, Sara 64, 107, 126
 Storck, Jerod 79, 146, 157B
 Stott, Becca 64, 88, 143, 146, 157A, 157E, 184, 209
 Stout, Maggie 65
 Stover, Andrea 65
 Strand, Paul 146
 Strasburg, Chris 64, 65, 126
 Strasser, Eric 134, 157B
 Streigle, Tony 126
 Strong, Michelle 118
 Strovers, Stacy 46, 47, 134
 Stubben, Fawn 134
 Student Council 38, 39
 Student Senates 38, 39
 Sturges, Jason 62, 64, 112, 146, 148
 Suh, Jane 65, 126
 Suh, Sung 147
 Summers, Bill 155
 Summers, Lynn 39, 65, 122, 126, 157A, 157H
 Sundquist, Jimmy 126
 Sundstrom, Aaron 65, 118, 135, 157F, 190
 Sunquarters 219
 Super Spud 209
 Svien, Nancy 20, 154, 157A, 167
 Swan, Todd 134, 150, 157B, 170, 171
 Swank, Amy 118, 157E
 Swanson, Jim 157B
 Swanson, Jo 134
 Swanson, Julie 38, 89, 132, 134, 157E, 157G, 182
 Swanson, Mary 118
 Sweeney, Joe 8, 19, 146, 148, 157B
 Swenson, Jerrold 24, 154
 Swenson, Virginia 151, 154
 Swett, James 147
 Swimming 166, 167, 172, 173
 Swyter, Kim 44, 64, 134
 Sydnes, Brad 118, 157C

T

T. Galaxy 219
 Taco Time 216
 Tallman, EleNore 154
 Taravati, Parisa 118
 Tarbox, Tony 13, 134
 Taylor, John 118, 157B, 157C
 Taylor, Kate 134
 Taylor, Seth 5, 52, 93, 96, 134
 Teas, Sarah 62, 64, 91, 134
 Tennis 188, 189, 190, 191
 Terpsichore 56, 57
 Terrones, Angela 126
 Terry, Brian 23, 146, 157C
 Terry, Nathan 93, 126, 145, 157C
 Tesdall, Ryan 126, 157F
 Tett, Carrie 29, 65, 118, 157F
 Thiede, Len 157F

Thiede, Nicki 93, 118, 157A, 157D, 157F, 161
 Thode, Dawn 134
 Thomas, Brady 126
 Thomas, Brooke 126
 Thompson, Christopher 118, 157C
 Thompson, Clint 49, 83, 147
 Thompson, Danielle 146, 148, 157G
 Thompson, Elizabeth 126, 157H, 158
 Thompson, Jeremy 126
 Thompson, Julie 20, 154
 Thompson, Michelle 118
 Thompson, Nicole 118, 157A, 157D, 157G
 Thompson, Scott 126, 157B
 Thompson, Stuart 147
 Thompson, Zach 13, 146, 157C
 Thongsouk, Somphet 49, 147
 Thoren, Sarah 134
 Titus, Beth 64, 122, 146, 148, 157A, 163
 Titus, Jon 65, 118, 157F
 Todd, Denna 94, 126, 133
 Toffey, Stefanie 127
 Tolle, June 118
 Tomlinson, Chris 65, 97, 118
 Torres, Nicole 59, 65
 Tosten, Julie 118, 157E
 Toyota-Mazda of Ames 212
 Track 184, 185, 186, 186
 Tramp, Dale 71, 154
 Tran, Nga 118
 Triplett, Tricia 64, 68, 131, 134, 157A, 157E, 157G
 Troeger, Jack 154
 Troeger, Joy 64, 65, 106, 146, 148
 Trow, Jeff 135
 Trumpy, Frank 118
 Tucker, Angela 135
 Turner, Mike 118
 Tuttle, Chris 39, 62, 64, 65, 87, 98, 99, 118, 157B, 157F
 Uemura, Matt 127
 Uetz, Robert 21, 151, 155
 Uetz, Tyler 92, 98, 101, 146, 157F
 Uhrhammer, Jeff 134
 Ulvestad, Gene 154
 Umbagh, Angela 118
 Umbaugh, Kelly 18, 119
 Upchurch, Megan 125, 127
 Valentino's 216
 Valline, Shannon 127, 157H
 VanderZyl, Tony 152, 154
 Vander Schaaf, Nathan 127
 Vandewater, Jon 127
 Vandewater, Lee 23, 143, 146, 157B, 171
 Van Cannon, Lisa 146
 Van Cannon, Ryan 134, 157B, 157E, 157F
 van der Valk, Anneke 127, 157A, 157E
 van de Wetering, Chris 42, 43, 64, 134
 Van Hoff, Lori 119
 Van Houten, Libby 146, 157A, 157E, 183, 215
 Van Marel, Mary 154, 155
 Van Slyke, Amy 65, 119, 157A, 157D, 157E
 Vardeman, Andrew 119, 157C
 Vardeman, Micah 134, 153, 157A,

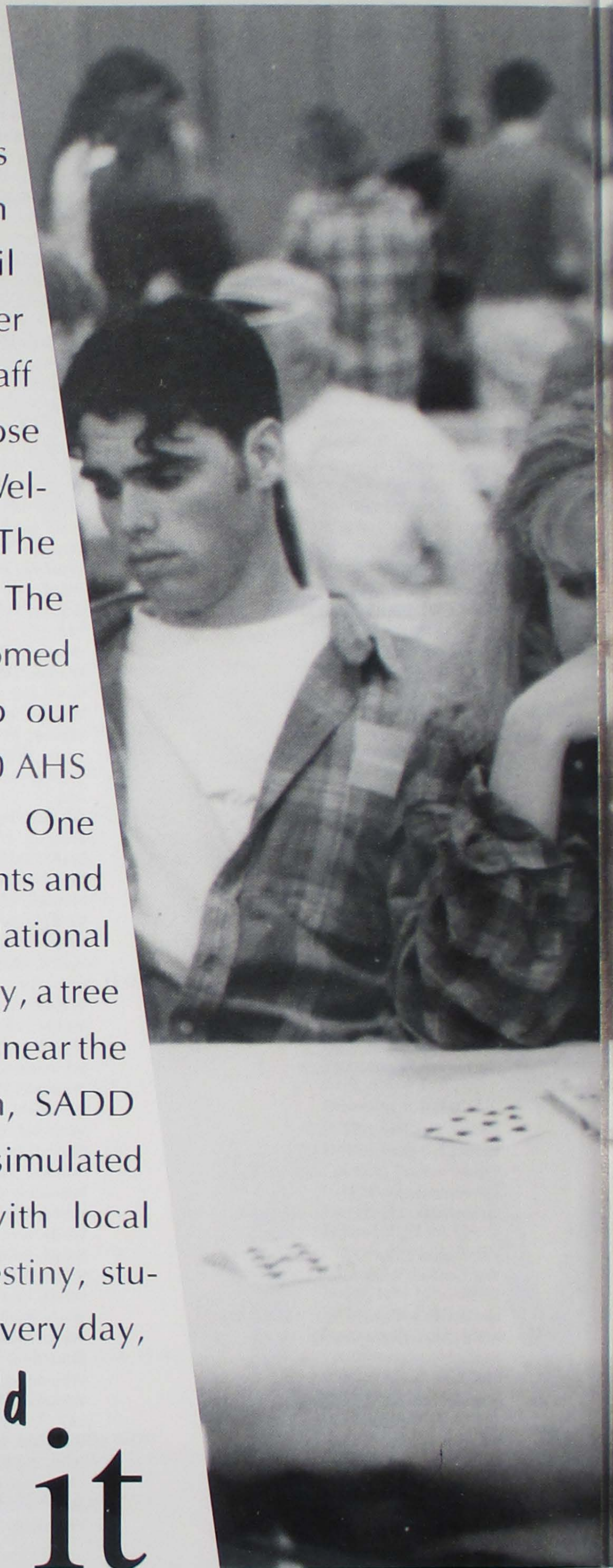
157C
 Vegge, Noah 49, 146, 157C
 Verhoeven, Elizabeth 154
 Vertanen, Bruce 154, 157B, 157D, 157F, 170
 Vetter, Aaron 48, 49, 146
 VeVerka, James 127, 157B
 VICA 48, 49
 Vogel, Andy 124, 146, 157A, 157F
 Vogel, Daniel 89, 134, 157E, 191
 Volleyball 160, 161
 Vondra, Georgia 151, 154
 Vongsaly, Vannady 127
 Vos, Jerry 154
 Wacker, Jacob 46, 147
 Wagner, Carey 127, 134
 Wagner, Carrie 119, 157E
 Wagner, David 146
 Wagner, Jennifer 146, 148, 232
 Wagner, Taz 119
 Wall to Wall Gallery & Frames 219
 Wallace, Jill 147
 Walt's Hallmark Shop 206
 Walz, John 157D
 Wanatee, Donetta 127
 Wandling Engineering 214
 Ward, Julie 154
 Warme, Bryan 14, 86, 104, 141, 146, 148, 149, 157B, 157E, 171, 217
 Warner, Allison 134, 157A
 Warren, James 134
 Wass, Kim J. 207
 Watson, Jill 65, 119
 Watson, Mary 154, 157F, 157H
 Watts, Josh 119
 Wayne Larsen Quality Collision Repair 216
 We Care Hair 204
 Web 30, 31
 Wee, Charlene 155
 Wee, Matt 65, 119
 Wehner, Erica 119, 157A, 157E, 163
 Weitzel, Beth 37, 65, 119
 Weitzel, Sarah 37, 40, 64, 134
 Welch, Elizabeth 9, 40, 41, 54, 64, 117, 138, 147
 Welser, Matt 119
 Weltha, Chad 147
 Wentworth, Adam 68, 134
 Westerberg, Melanie 36, 127
 Westgate, Elizabeth 119
 Westpfahl, Jeremy 134
 Westvold, Doug 12, 127
 Wetzal, Dusty 119, 157B, 157D
 Whalen, Jennifer 65, 127
 Wheatley, Chad 133, 134, 157B, 171
 White, Alicia 127
 White, Amy 49, 130, 147, 157G
 White, Barbara 154
 White, Matthew 119
 White, Rachel 127, 147, 210
 White, Richard 154
 White, Travis 127
 Whiteford, Aaron 84, 127, 157A, 157F
 Whitehead, Chris 92, 147, 149
 Whitehead, Jennifer 101, 104, 135, 147
 Whitfield, Wesley 147, 149
 Wick, Erick 119, 157C
 Wickrama, Bhagya 16, Wickrama, Thulitha 127 44, 134
 Wickrama, Toontwo 16

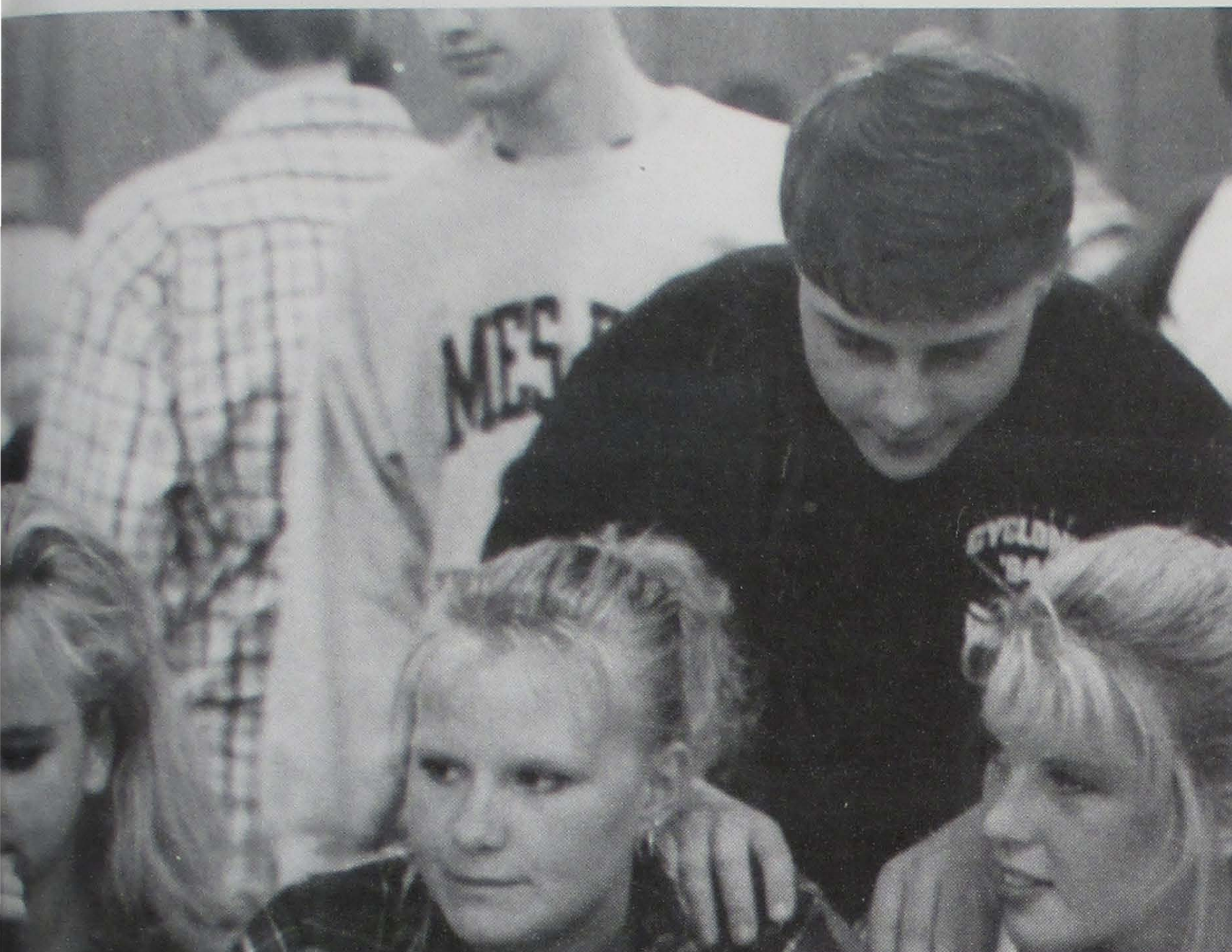
Wiegand, Stephanie 119, 157A
 Wiegand, Tina 101, 147, 157G
 Wiersen, Melissa Ann 147
 Wiggins, Janine 147
 Wilcox, Jenny 147, 148
 Wilcox, Kiersten 134
 Wilcox, Rose 154
 Wilhite, Carrie 49, 147
 Wilhite, Jessi 71, 119
 Wilke, Monica 147, 157A, 167
 Wilkinson, Todd 157D
 Willard, Greg 65, 119, 157A
 Willard, Mary 40, 41, 55, 147, 157A
 Wille, Kari 8, 30, 31, 33, 141, 147, 232
 Williams, Carla 44, 134
 Williams, Daniela 119, 147, 157A, 166, 207
 Williby, Chad 12, 134
 Willson, Jeffrey 42, 43, 147, 148
 Wilson Olds-Cadillac Co. 219
 Wilson, A.J. 119, 157B
 Wilson, Ginny 65, 127
 Wilson, Jack 119
 Wilson, Jocelyn 119
 Wilson, Jonathan 134, 157B
 Wilson, Nora 127, 157H
 Windsor, Charles 151, 154
 Wineinger, Zhaia 76, 134
 Winter Formal 86, 87
 Wipf, Cory 119
 Wipf, Elaine 40, 54, 138, 147
 Wipf, Graig 127, 157A, 157F
 Wirth, Shane 147, 157B, 157E
 Wirtz, Courtney 119
 Wirtz, Joshua 147
 Wise, David 119, 157B
 Wittmer, Mike 155, 157C
 Wittmer, Nikki 154
 Woline, Emily 37, 65, 127, 148
 Wombacher, Stephanie 127, 157H, 158
 Wong, Elton 34, 37, 65, 119
 Wood, Tammy 127
 Woodin, Austin 119
 Woodley, Jace 119, 157B
 Woodman, Toni 152, 154
 Woods, Katie 40, 41, 77, 134
 Wray, Jason 34, 35, 64, 134, 157A, 165
 Wrestling 174, 175
 Wright, April 119
 Wright, Heather 69, 105, 125, 134, 135, 157G
 Wright, Jared 127
 Wright, Nate 55
 Wycoff, Chris 104, 147, 148, 149, 157B, 157E, 187, 215
 Wycoff, Stephanie 119, 157A, 157D, 157E
 Xi, Qian 127
 Yee, Andrew 12, 35, 39, 65, 119, 157F
 Yerkes, William 134
 Young, Nicole 119, 157E
 Zak, Jakub 119
 Zeimet, Clint 62, 64, 147, 157A
 Zeimet, Kara 27, 65, 99, 119, 157A, 157D, 157E, 162
 Zenor, Jackie 37, 39, 62, 64, 98, 107, 134
 Ziebell, Brian 134, 157F
 Ziebold, Hilary 154, 157A
 Ziegler, Susan 65, 119
 Zimmerman, Dan 119
 Zimmerman, Isaac 75, 147
 Zwagerman, Larry 155

Rounding out the year...

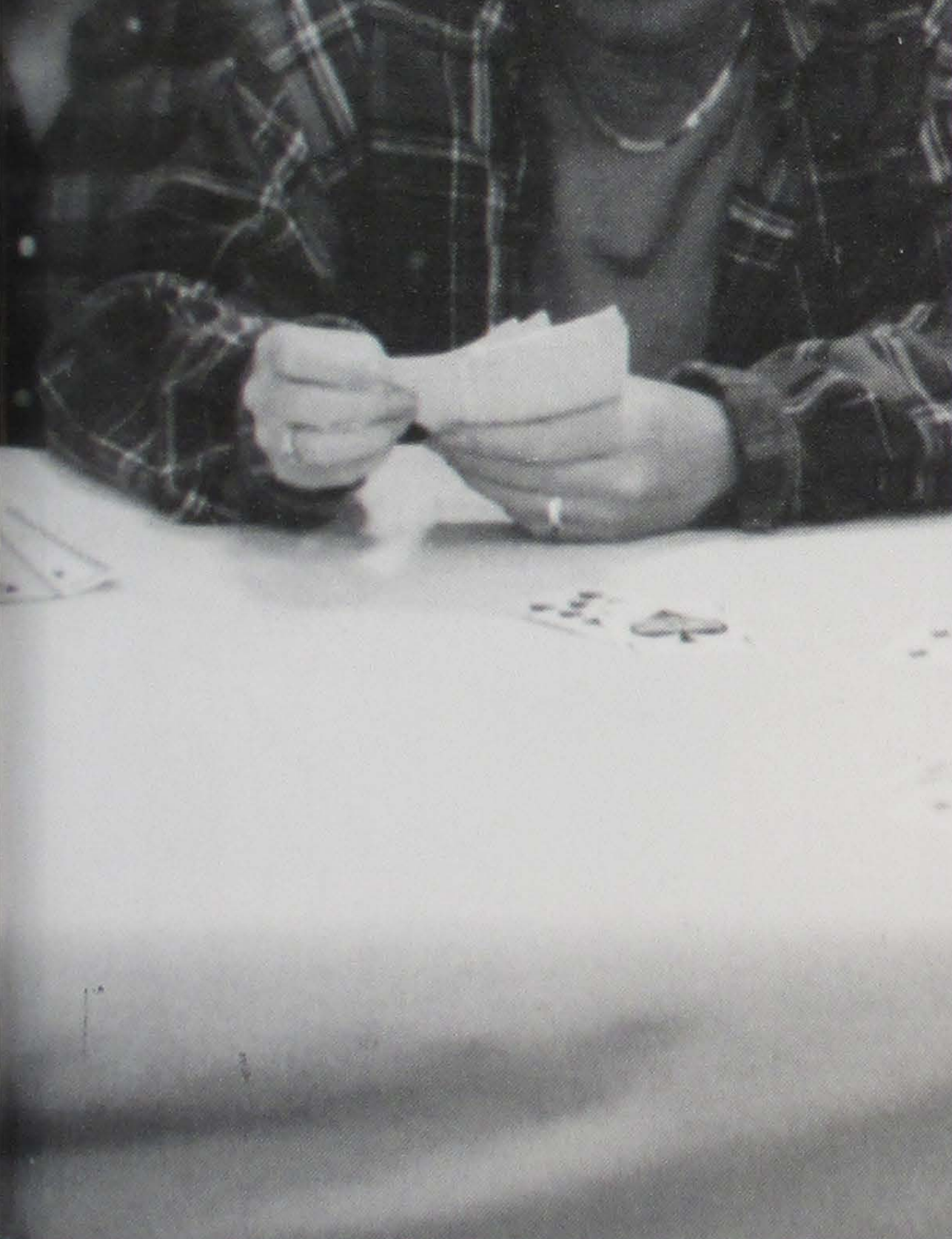
...240 students and many chaperones spent four days and nights in St. Louis on during band tour. • Student Council brightened English Department volunteer Fay Larkin's life when they named her staff person of the semester. • Students chose to donate over \$2,000 raised during Welfare Week to two organizations- The American Diabetes Association and The Story County Aids Coalition. • We welcomed 10 science students from Russia into our school and homes for a month, then 10 AHS students spent a month in Russia. • One sunny Sunday afternoon in April, students and community members took part in National Organ Donor Day. During the ceremony, a tree was planted on the high school grounds near the pool. • On the Friday before prom, SADD presented Operation Prom Night-a simulated drunk driving accident, complete with local emergency workers. • Steered by destiny, students grew, changed, and prospered every day,

as **FATE** would have **it**
230 • Closing





Watching their money and cards, seniors Corey Cooper, Alicia Heffron, Jamie Adair, Kent Spillers and Sonee Griffin pay attention to the dealer at the After-prom Party. Many students attended the party which was organized by junior parents and sponsored by local businesses. (Photo by Alicia Ackerman)



To raise money for their organization and to provide a stress reliever for students at the same time, the 100th Green Butterfly gave students the opportunity to smash a car. Sophomore Phoebe Silag takes a swing at the car during Web. (Photo by Kendi Neff-Parvin)



Holding up two beakers, senior Jennifer Wagner and Beth Myers are relieved about their lab results. Getting accurate lab results was often difficult when working with microscale labs. (Photo by Pam Hove)

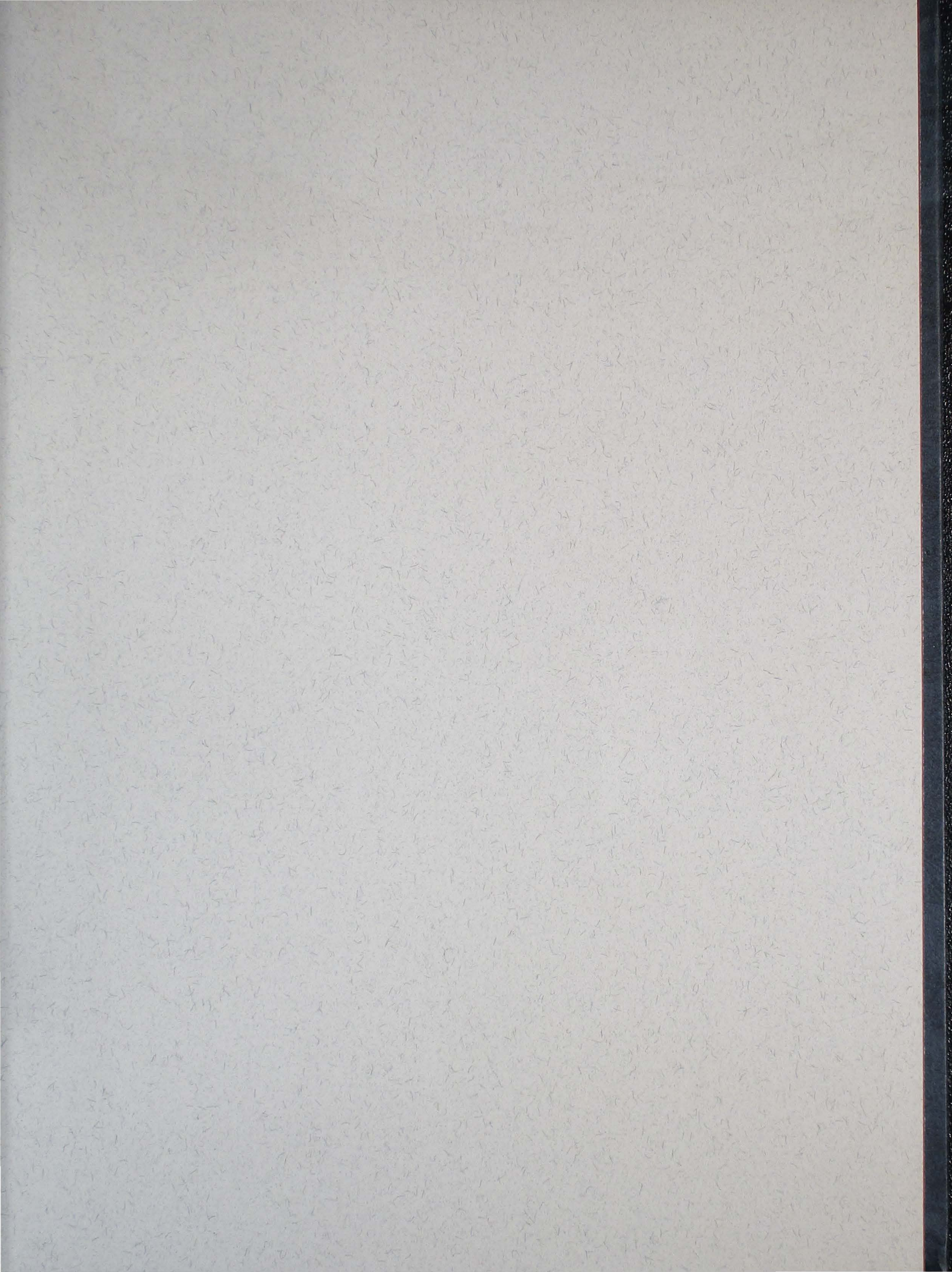


Slicing cake, senior Kari Wille hands out pieces to the *Spirit* staff. Wille baked the cake for senior Jenni Collins' birthday. (Photo by Mindy Cooper)

As a farewell to the Class of 1994, the Senior Senate made a video covering all of their years in school. Students gather in the lobby to watch the video on the seniors' last day of school. (Photo by Jenni Collins)



Celebrating Martin Luther King Jr. Day, junior Tanisha Cosby sings with the choir she organized. Many months of planning and rehearsals went into the performance. (Photo by Mindy Cooper)



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